



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Schmeckenbecher, Christopher

Total time: 1:23:18

Club: Plankstadt

Number: 29

Course: 25.75 km

Rank in course/Total: 58 (of 79)

Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Men: 47 (of 60)

Best time in course: 58:58

Category:

Rank in category: 14(of 16)

AK30 männlich (30-39 Jahre)

Best time in the category: 1:03:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	18:55	25:13	16	7:51	57	8:00	0.75	18:55	25:13	16	7:51	57	8:00
Wechsel S -> R	-	1:37	-	12	0:41	41	0:47	0.75	20:32	27:22	16	8:32	56	8:39
Schwimmen Total	0.75	20:32	27:22	16	8:32	56	8:39	0.75	20:32	27:22	16	8:32	56	8:39
Rad netto	20.00	36:53	1:50	13	7:09	48	9:04	20.75	57:25	2:46	15	13:54	53	17:35
Wechsel R -> L	-	1:21	-	11	0:27	35	0:38	20.75	58:46	2:49	15	14:20	52	18:06
Rad Total	20.00	38:14	1:54	13	7:35	47	9:35	20.75	58:46	2:49	15	14:20	52	18:06
Lauf	5.00	24:32	4:54	15	5:37	42	6:14	25.75	1:23:18	3:14	14	19:48	47	24:20