



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Schramm, Stefan

Total time: 1:23:49

Club: Mannheim

Number: 57

Course: 25.75 km

Rank in course/Total: 59 (of 79)

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

Rank in course/Men: 48 (of 60)

Best time in course: 58:58

Category:

Rank in category: 16(of 18)

AK40 männlich (40-49 Jahre)

Best time in the category: 1:03:58

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	16:49	22:25	15	5:53	43	5:54	0.75	16:49	22:25	15	5:53	43	5:54
Wechsel S -> R	-	1:42	-	16	0:42	44	0:52	0.75	18:31	24:41	14	6:34	41	6:38
Schwimmen Total	0.75	18:31	24:41	14	6:34	41	6:38	0.75	18:31	24:41	14	6:34	41	6:38
Rad netto	20.00	34:50	1:44	13	4:05	32	7:01	20.75	53:21	2:34	13	10:15	39	13:31
Wechsel R -> L	-	1:36	-	16	0:37	46	0:53	20.75	54:57	2:38	13	10:52	40	14:17
Rad Total	20.00	36:26	1:49	14	4:28	39	7:47	20.75	54:57	2:38	13	10:52	40	14:17
Lauf	5.00	28:52	5:46	17	8:59	54	10:34	25.75	1:23:49	3:15	16	19:51	48	24:51