



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Isiksal, Burak

Total time: 1:26:45

Club: TSV Amicitia Viernheim

Number: 19

Course: 25.75 km

Rank in course/Total: 67 (of 79)

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

Rank in course/Men: 53 (of 60)

Best time in course: 58:58

Category:

Rank in category: 18(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	16:39	22:11	14	5:43	42	5:44	0.75	16:39	22:11	14	5:43	42	5:44
Wechsel S -> R	-	1:12	-	8	0:12	21	0:22	0.75	17:51	23:48	13	5:54	40	5:58
Schwimmen Total	0.75	17:51	23:48	13	5:54	40	5:58	0.75	17:51	23:48	13	5:54	40	5:58
Rad netto	20.00	38:29	1:55	18	7:44	52	10:40	20.75	56:20	2:42	17	13:14	50	16:30
Wechsel R -> L	-	1:16	-	11	0:17	26	0:33	20.75	57:36	2:46	17	13:31	50	16:56
Rad Total	20.00	39:45	1:59	18	7:47	52	11:06	20.75	57:36	2:46	17	13:31	50	16:56
Lauf	5.00	29:09	5:49	18	9:16	55	10:51	25.75	1:26:45	3:22	18	22:47	53	27:47