



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Lohnert, Stefan

Total time: 1:26:42

Club: Heartracer Team

Number: 61

Course: 25.75 km

Rank in course/Total: 66 (of 79)

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

Rank in course/Men: 52 (of 60)

Best time in course: 58:58

Category:

Rank in category: 10(of 14)

AK50 männlich (50-59 Jahre)

Best time in the category: 1:13:49

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	16:54	22:31	9	3:27	44	5:59	0.75	16:54	22:31	9	3:27	44	5:59
Wechsel S -> R	-	2:56	-	12	1:47	58	2:06	0.75	19:50	26:26	12	5:13	52	7:57
Schwimmen Total	0.75	19:50	26:26	12	5:13	52	7:57	0.75	19:50	26:26	12	5:13	52	7:57
Rad netto	20.00	38:39	1:55	11	5:14	53	10:50	20.75	58:29	2:49	11	10:05	54	18:39
Wechsel R -> L	-	1:39	-	10	0:25	47	0:56	20.75	1:00:08	2:53	11	10:12	54	19:28
Rad Total	20.00	40:18	2:00	11	5:21	53	11:39	20.75	1:00:08	2:53	11	10:12	54	19:28
Lauf	5.00	26:34	5:18	8	3:37	47	8:16	25.75	1:26:42	3:22	10	12:53	52	27:44