



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Platt, Kerstin

Total time: 1:25:23

Club: Soprema Team TSV Mannheim
Number: 209

Course: 25.75 km
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 64 (of 79)
Rank in course/Women: 14 (of 19)
Best time in course: 1:05:52

Category:
AK30 weiblich (30-39 Jahre)

Rank in category: 4(of 5)
Best time in the category: 1:22:03

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	14:59	19:58	2	1:49	8	4:45	0.75	14:59	19:58	2	1:49	8	4:45
Wechsel S -> R	-	1:18	-	2	0:06	8	0:23	0.75	16:17	21:42	2	1:55	8	5:08
Schwimmen Total	0.75	16:17	21:42	2	1:55	8	5:08	0.75	16:17	21:42	2	1:55	8	5:08
Rad netto	20.00	39:15	1:57	4	2:57	15	7:12	20.75	55:32	2:40	4	3:23	15	12:20
Wechsel R -> L	-	1:24	-	3	0:09	14	0:27	20.75	56:56	2:44	4	3:19	14	12:47
Rad Total	20.00	40:39	2:01	4	3:06	15	7:39	20.75	56:56	2:44	4	3:19	14	12:47
Lauf	5.00	28:27	5:41	4	2:28	15	8:17	25.75	1:25:23	3:18	4	3:20	14	19:31