



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Herbold, Michael

Total time: 1:27:06

Club: TV Lampertheim Triathlon
Number: 58

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

Rank in course/Total: 69 (of 79)
Rank in course/Men: 55 (of 60)
Best time in course: 58:58

Category:
AK50 männlich (50-59 Jahre)

Rank in category: 11(of 14)
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	17:39	23:31	11	4:12	52	6:44	0.75	17:39	23:31	11	4:12	52	6:44
Wechsel S -> R	-	2:09	-	10	1:00	51	1:19	0.75	19:48	26:24	11	5:11	51	7:55
Schwimmen Total	0.75	19:48	26:24	11	5:11	51	7:55	0.75	19:48	26:24	11	5:11	51	7:55
Rad netto	20.00	36:39	1:49	9	3:14	46	8:50	20.75	56:27	2:43	10	8:03	51	16:37
Wechsel R -> L	-	1:51	-	12	0:37	52	1:08	20.75	58:18	2:48	10	8:22	51	17:38
Rad Total	20.00	38:30	1:55	9	3:33	48	9:51	20.75	58:18	2:48	10	8:22	51	17:38
Lauf	5.00	28:48	5:45	11	5:51	53	10:30	25.75	1:27:06	3:22	11	13:17	55	28:08