



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Karb, Karl Heinz

Total time: 1:27:04

Club: Poseidon Worms

Number: 60

Course: 25.75 km

Rank in course/Total: 68 (of 79)

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

Rank in course/Men: 54 (of 60)

Best time in course: 58:58

Category:

Rank in category: 2(of 4)

AK60 männlich (60-69 Jahre)

Best time in the category: 1:21:15

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	19:47	26:22	4	2:36	59	8:52	0.75	19:47	26:22	4	2:36	59	8:52
Wechsel S -> R	-	2:37	-	4	1:06	55	1:47	0.75	22:24	29:51	4	3:42	59	10:31
Schwimmen Total	0.75	22:24	29:51	4	3:42	59	10:31	0.75	22:24	29:51	4	3:42	59	10:31
Rad netto	20.00	42:08	2:06	4	7:59	58	14:19	20.75	1:04:32	3:06	4	11:41	59	24:42
Wechsel R -> L	-	1:19	-	1	-	33	0:36	20.75	1:05:51	3:10	4	11:18	59	25:11
Rad Total	20.00	43:27	2:10	3	7:36	57	14:48	20.75	1:05:51	3:10	4	11:18	59	25:11
Lauf	5.00	21:13	4:14	1	-	12	2:55	25.75	1:27:04	3:22	2	5:49	54	28:06