



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

Richter, Hans-Joachim

Total time: 1:27:27

Club: Poseidon Worms

Number: 35

Course: 25.75 km

Rank in course/Total: 70 (of 79)

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

Rank in course/Men: 56 (of 60)

Best time in course: 58:58

Category:

Rank in category: 12(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.	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	16:59	22:38	10	3:32	45	6:04	0.75	16:59	22:38	10	3:32	45	6:04
Wechsel S -> R	-	2:54	-	11	1:45	57	2:04	0.75	19:53	26:30	13	5:16	53	8:00
Schwimmen Total	0.75	19:53	26:30	13	5:16	53	8:00	0.75	19:53	26:30	13	5:16	53	8:00
Rad netto	20.00	39:21	1:58	12	5:56	56	11:32	20.75	59:14	2:51	12	10:50	55	19:24
Wechsel R -> L	-	1:30	-	7	0:16	41	0:47	20.75	1:00:44	2:55	12	10:48	55	20:04
Rad Total	20.00	40:51	2:02	12	5:54	54	12:12	20.75	1:00:44	2:55	12	10:48	55	20:04
Lauf	5.00	26:43	5:20	9	3:46	49	8:25	25.75	1:27:27	3:23	12	13:38	56	28:29