



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Neptun's Nixen

Total time: 1:14:59

Club: Neptun's Nixen
Number: 257

Course: 25.50 km

Rank in course/Total: 8 (of 15)

Jedermann Staffelttriathlon (500 m, 20 km, 5 km)

Rank in course/Women: 2 (of 3)

Best time in course: 1:12:36

Category:

Rank in category: 2(of 3)

Staffel Frauen

Best time in the category: 1:12:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	0.50	8:19	16:37	1	-	1	-	0.50	8:19	16:37	1	-	1	-
Wechsel S -> R	-	0:45	-	1	-	1	-	0.50	9:04	18:07	1	-	1	-
Schwimmen Total	0.50	9:04	18:07	1	-	1	-	0.50	9:04	18:07	1	-	1	-
Rad netto	20.00	38:25	1:55	2	2:10	2	2:10	20.50	47:29	2:18	2	0:51	2	0:51
Wechsel R -> L	-	0:56	-	2	0:04	2	0:04	20.50	48:25	2:21	2	0:55	2	0:55
Rad Total	20.00	39:21	1:58	2	2:14	2	2:14	20.50	48:25	2:21	2	0:55	2	0:55
Lauf	5.00	26:34	5:18	2	1:28	2	1:28	25.50	1:14:59	2:56	2	2:23	2	2:23