



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Frank, Dieter

Total time: 1:28:58

Club: TSG Maxdorf

Number: 23

Course: 25.75 km

Rank in course/Total: 71 (of 79)

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

Rank in course/Men: 57 (of 60)

Best time in course: 58:58

Category:

Rank in category: 3(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	19:25	25:53	3	2:14	58	8:30	0.75	19:25	25:53	3	2:14	58	8:30
Wechsel S -> R	-	2:04	-	2	0:33	48	1:14	0.75	21:29	28:38	3	2:47	58	9:36
Schwimmen Total	0.75	21:29	28:38	3	2:47	58	9:36	0.75	21:29	28:38	3	2:47	58	9:36
Rad netto	20.00	34:09	1:42	1	-	25	6:20	20.75	55:38	2:40	2	2:47	48	15:48
Wechsel R -> L	-	1:56	-	3	0:37	53	1:13	20.75	57:34	2:46	2	3:01	49	16:54
Rad Total	20.00	36:05	1:48	2	0:14	31	7:26	20.75	57:34	2:46	2	3:01	49	16:54
Lauf	5.00	31:24	6:16	3	10:11	57	13:06	25.75	1:28:58	3:27	3	7:43	57	30:00