



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Neu, Laura

Total time: 1:31:08

Club: Liederbach

Number: 219

Course: 25.75 km

Rank in course/Total: 75 (of 79)

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

Rank in course/Women: 18 (of 19)

Best time in course: 1:05:52

Category:

Rank in category: 5(of 5)

AK30 weiblich (30-39 Jahre)

Best time in the category: 1:22:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	0.75	16:19	21:45	4	3:09	15	6:05	0.75	16:19	21:45	4	3:09	15	6:05
Wechsel S -> R	-	2:43	-	5	1:31	17	1:48	0.75	19:02	25:22	5	4:40	16	7:53
Schwimmen Total	0.75	19:02	25:22	5	4:40	16	7:53	0.75	19:02	25:22	5	4:40	16	7:53
Rad netto	20.00	42:20	2:07	5	6:02	18	10:17	20.75	1:01:22	2:57	5	9:13	17	18:10
Wechsel R -> L	-	1:15	-	1	-	9	0:18	20.75	1:02:37	3:01	5	9:00	16	18:28
Rad Total	20.00	43:35	2:10	5	6:02	18	10:35	20.75	1:02:37	3:01	5	9:00	16	18:28
Lauf	5.00	28:31	5:42	5	2:32	16	8:21	25.75	1:31:08	3:32	5	9:05	18	25:16