



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Stöhr, Stephanie

Total time: 1:30:52

Club: Tri City Darmstadt

Number: 215

Course: 25.75 km

Rank in course/Total: 74 (of 79)

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

Rank in course/Women: 17 (of 19)

Best time in course: 1:05:52

Category:

Rank in category: 3(of 4)

AK40 weiblich (40-49 Jahre)

Best time in the category: 1:29:00

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	15:39	20:52	1	-	9	5:25	0.75	15:39	20:52	1	-	9	5:25
Wechsel S -> R	-	2:55	-	4	0:56	19	2:00	0.75	18:34	24:45	1	-	15	7:25
Schwimmen Total	0.75	18:34	24:45	1	-	15	7:25	0.75	18:34	24:45	1	-	15	7:25
Rad netto	20.00	36:40	1:49	1	-	6	4:37	20.75	55:14	2:39	1	-	14	12:02
Wechsel R -> L	-	2:47	-	4	1:34	19	1:50	20.75	58:01	2:47	1	-	15	13:52
Rad Total	20.00	39:27	1:58	1	-	14	6:27	20.75	58:01	2:47	1	-	15	13:52
Lauf	5.00	32:51	6:34	3	9:07	18	12:41	25.75	1:30:52	3:31	3	1:52	17	25:00