



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Die gestiefelten Muskelkater

Total time: 1:19:56

Club: Die gestiefelten Muskelkater
Number: 261

Course: 25.50 km

Rank in course/Total: 9 (of 15)

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

Rank in course/Men: 7 (of 12)

Best time in course: 1:00:43

Category:

Rank in category: 7(of 12)

Staffel Männer

Best time in the category: 1:00:43

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	0.50	12:23	24:45	10	4:20	10	4:20	0.50	12:23	24:45	10	4:20	10	4:20
Wechsel S -> R	-	0:46	-	5	0:08	5	0:08	0.50	13:09	26:18	10	4:27	10	4:27
Schwimmen Total	0.50	13:09	26:18	10	4:27	10	4:27	0.50	13:09	26:18	10	4:27	10	4:27
Rad netto	20.00	40:44	2:02	8	10:42	8	10:42	20.50	53:53	2:37	8	13:56	8	13:56
Wechsel R -> L	-	0:47	-	4	0:02	4	0:02	20.50	54:40	2:39	8	13:58	8	13:58
Rad Total	20.00	41:31	2:04	8	10:44	8	10:44	20.50	54:40	2:39	8	13:58	8	13:58
Lauf	5.00	25:16	5:03	8	6:12	8	6:12	25.50	1:19:56	3:08	7	19:13	7	19:13