



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

1. Boxclub Punching Lampertheim 1 Total time: 1:23:07

Club: 1. Boxclub Punching Lampertheim 1

Number: 264

Course: 25.50 km

Rank in course/Total: 11 (of 15)

Jedermann Staffeltriathlon (500 m, 20 km, 5 km) Rank in course/Men: 9 (of 12)

Best time in course: 1:00:43

Category:

Rank in category: 9(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	10:34	21:07	8	2:31	8	2:31	0.50	10:34	21:07	8	2:31	8	2:31
Wechsel S -> R	-	1:11	-	11	0:33	11	0:33	0.50	11:45	23:30	8	3:03	8	3:03
Schwimmen Total	0.50	11:45	23:30	8	3:03	8	3:03	0.50	11:45	23:30	8	3:03	8	3:03
Rad netto	20.00	48:23	2:25	11	18:21	11	18:21	20.50	1:00:08	2:55	11	20:11	11	20:11
Wechsel R -> L	-	1:00	-	9	0:15	9	0:15	20.50	1:01:08	2:58	11	20:26	11	20:26
Rad Total	20.00	49:23	2:28	11	18:36	11	18:36	20.50	1:01:08	2:58	11	20:26	11	20:26
Lauf	5.00	21:59	4:23	5	2:55	5	2:55	25.50	1:23:07	3:15	9	22:24	9	22:24