



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

von der Heyde, Alexander

Total time: 40:10

Club: Rödermark

Number: 876

Course: 12.90 km

Rank in course/Total: 7 (of 19)

Jugend Triathlon (400 m, 10 km, 2,5 km)

Rank in course/Men: 6 (of 10)

Best time in course: 36:57

Category:

Rank in category: 6(of 10)

männliche Jugend B (14+15 Jahre)

Best time in the category: 36:57

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	0.40	7:30	18:45	10	1:21	10	1:21	0.40	7:30	18:45	10	1:21	10	1:21
Wechsel S -> R	-	1:12	-	3	0:04	3	0:04	0.40	8:42	21:44	9	1:25	9	1:25
Schwimmen Total	0.40	8:42	21:44	9	1:25	9	1:25	0.40	8:42	21:44	9	1:25	9	1:25
Rad netto	10.00	18:24	1:50	4	0:49	4	0:49	10.40	27:06	2:36	6	2:14	6	2:14
Wechsel R -> L	-	0:54	-	7	0:06	7	0:06	10.40	28:00	2:41	6	2:20	6	2:20
Rad Total	10.00	19:18	1:55	4	0:55	4	0:55	10.40	28:00	2:41	6	2:20	6	2:20
Lauf	2.50	12:10	4:51	7	1:56	7	1:56	12.90	40:10	3:06	6	3:13	6	3:13