



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Glotzbach, Conrad

Total time: 1:39:13

Club: Darmstadt
Number: 70

Course: 25.75 km
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 77 (of 79)
Rank in course/Men: 58 (of 60)
Best time in course: 58:58

Category:
AK60 männlich (60-69 Jahre)

Rank in category: 4(of 4)
Best time in the category: 1:21:15

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	18:48	25:03	2	1:37	56	7:53	0.75	18:48	25:03	2	1:37	56	7:53
Wechsel S -> R	-	2:32	-	3	1:01	52	1:42	0.75	21:20	28:26	2	2:38	57	9:27
Schwimmen Total	0.75	21:20	28:26	2	2:38	57	9:27	0.75	21:20	28:26	2	2:38	57	9:27
Rad netto	20.00	39:54	1:59	3	5:45	57	12:05	20.75	1:01:14	2:57	3	8:23	57	21:24
Wechsel R -> L	-	3:33	-	4	2:14	59	2:50	20.75	1:04:47	3:07	3	10:14	57	24:07
Rad Total	20.00	43:27	2:10	4	7:36	58	14:48	20.75	1:04:47	3:07	3	10:14	57	24:07
Lauf	5.00	34:26	6:53	4	13:13	58	16:08	25.75	1:39:13	3:51	4	17:58	58	40:15