



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Farrenkopf, Nina

Total time: 1:39:11

Club: Köln

Number: 217

Course: 25.75 km

Rank in course/Total: 76 (of 79)

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

Rank in course/Women: 19 (of 19)

Best time in course: 1:05:52

Category:

Rank in category: 4(of 4)

AK40 weiblich (40-49 Jahre)

Best time in the category: 1:29:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	18:48	25:03	2	3:09	17	8:34	0.75	18:48	25:03	2	3:09	17	8:34
Wechsel S -> R	-	2:31	-	2	0:32	16	1:36	0.75	21:19	28:25	3	2:45	18	10:10
Schwimmen Total	0.75	21:19	28:25	3	2:45	18	10:10	0.75	21:19	28:25	3	2:45	18	10:10
Rad netto	20.00	43:08	2:09	4	6:28	19	11:05	20.75	1:04:27	3:06	3	9:13	18	21:15
Wechsel R -> L	-	1:52	-	3	0:39	18	0:55	20.75	1:06:19	3:11	3	8:18	18	22:10
Rad Total	20.00	45:00	2:15	4	5:33	19	12:00	20.75	1:06:19	3:11	3	8:18	18	22:10
Lauf	5.00	32:52	6:34	4	9:08	19	12:42	25.75	1:39:11	3:51	4	10:11	19	33:19