



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

1. Boxclub Punching Lampertheim 3 Total time: 1:28:14

Club: 1. Boxclub Punching Lampertheim 3

Number: 266

Course: 25.50 km

Rank in course/Total: 13 (of 15)

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

Rank in course/Men: 11 (of 12)

Best time in course: 1:00:43

Category:

Rank in category: 11(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	13:03	26:06	11	5:00	11	5:00	0.50	13:03	26:06	11	5:00	11	5:00
Wechsel S -> R	-	1:19	-	12	0:41	12	0:41	0.50	14:22	28:44	11	5:40	11	5:40
Schwimmen Total	0.50	14:22	28:44	11	5:40	11	5:40	0.50	14:22	28:44	11	5:40	11	5:40
Rad netto	20.00	41:28	2:04	9	11:26	9	11:26	20.50	55:50	2:43	10	15:53	10	15:53
Wechsel R -> L	-	1:00	-	9	0:15	9	0:15	20.50	56:50	2:46	10	16:08	10	16:08
Rad Total	20.00	42:28	2:07	9	11:41	9	11:41	20.50	56:50	2:46	10	16:08	10	16:08
Lauf	5.00	31:24	6:16	11	12:20	11	12:20	25.50	1:28:14	3:27	11	27:31	11	27:31