



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Seidler, Lasse

Total time: 42:45

Club: Mühlthal

Number: 857

Course: 12.90 km

Rank in course/Total: 11 (of 19)

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

Rank in course/Men: 9 (of 10)

Best time in course: 36:57

Category:

Rank in category: 9(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	6:54	17:15	6	0:45	6	0:45	0.40	6:54	17:15	6	0:45	6	0:45
Wechsel S -> R	-	1:14	-	4	0:06	4	0:06	0.40	8:08	20:19	4	0:51	4	0:51
Schwimmen Total	0.40	8:08	20:19	4	0:51	4	0:51	0.40	8:08	20:19	4	0:51	4	0:51
Rad netto	10.00	20:49	2:04	10	3:14	10	3:14	10.40	28:57	2:47	10	4:05	10	4:05
Wechsel R -> L	-	0:52	-	4	0:04	4	0:04	10.40	29:49	2:52	9	4:09	9	4:09
Rad Total	10.00	21:41	2:10	10	3:18	10	3:18	10.40	29:49	2:52	9	4:09	9	4:09
Lauf	2.50	12:56	5:10	9	2:42	9	2:42	12.90	42:45	3:18	9	5:48	9	5:48