



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Steckmeier, Markus

Total time: 1:43:59

Club: RSC Ludwigshafen e.V.

Number: 13

Course: 25.75 km

Rank in course/Total: 78 (of 79)

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

Rank in course/Men: 59 (of 60)

Best time in course: 58:58

Category:

Rank in category: 13(of 14)

AK50 männlich (50-59 Jahre)

Best time in the category: 1:13:49

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	15:20	20:26	6	1:53	37	4:25	0.75	15:20	20:26	6	1:53	37	4:25
Wechsel S -> R	-	3:28	-	13	2:19	59	2:38	0.75	18:48	25:03	8	4:11	43	6:55
Schwimmen Total	0.75	18:48	25:03	8	4:11	43	6:55	0.75	18:48	25:03	8	4:11	43	6:55
Rad netto	20.00	44:25	2:13	13	11:00	59	16:36	20.75	1:03:13	3:02	13	14:49	58	23:23
Wechsel R -> L	-	2:31	-	13	1:17	58	1:48	20.75	1:05:44	3:10	13	15:48	58	25:04
Rad Total	20.00	46:56	2:20	13	11:59	59	18:17	20.75	1:05:44	3:10	13	15:48	58	25:04
Lauf	5.00	38:15	7:39	13	15:18	59	19:57	25.75	1:43:59	4:02	13	30:10	59	45:01