



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Held, Sebastian

Total time: 43:08

Club: RV 03 Bürstadt Triathlon
Number: 859

Course: 12.90 km
Schüler A Triathlon (400 m, 10 km, 2,5 km)

Rank in course/Total: 4 (of 12)
Rank in course/Men: 3 (of 6)
Best time in course: 36:09

Category:
männliche Schüler A (12+13 Jahre)

Rank in category: 3(of 6)
Best time in the category: 36:09

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	0.40	9:19	23:17	5	3:46	5	3:46	0.40	9:19	23:17	5	3:46	5	3:46
Wechsel S -> R	-	1:14	-	3	0:18	3	0:18	0.40	10:33	26:22	4	4:04	4	4:04
Schwimmen Total	0.40	10:33	26:22	4	4:04	4	4:04	0.40	10:33	26:22	4	4:04	4	4:04
Rad netto	10.00	19:29	1:56	2	1:04	2	1:04	10.40	30:02	2:53	3	5:08	3	5:08
Wechsel R -> L	-	0:55	-	4	0:11	4	0:11	10.40	30:57	2:58	3	5:19	3	5:19
Rad Total	10.00	20:24	2:02	2	1:15	2	1:15	10.40	30:57	2:58	3	5:19	3	5:19
Lauf	2.50	12:11	4:52	2	1:40	2	1:40	12.90	43:08	3:20	3	6:59	3	6:59