



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Vitale, Emilia

Total time: 44:54

Club: VFS Rödermark

Number: 874

Course: 12.90 km

Rank in course/Total: 12 (of 19)

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

Rank in course/Women: 3 (of 9)

Best time in course: 37:20

Category:

Rank in category: 3(of 9)

weibliche Jugend B (14+15 Jahre)

Best time in the category: 37:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	km	Time	min/km					
Schwimmen nett	0.40	6:44	16:49	3	0:56	3	0:56	0.40	6:44	16:49	3	0:56	3	0:56	
Wechsel S -> R	-	1:26	-	6	0:23	6	0:23	0.40	8:10	20:24	4	1:19	4	1:19	
Schwimmen Total	0.40	8:10	20:24	4	1:19	4	1:19	0.40	8:10	20:24	4	1:19	4	1:19	
Rad netto	10.00	20:47	2:04	4	3:09	4	3:09	10.40	28:57	2:47	4	4:28	4	4:28	
Wechsel R -> L	-	1:22	-	9	0:32	9	0:32	10.40	30:19	2:54	4	5:00	4	5:00	
Rad Total	10.00	22:09	2:12	5	3:41	5	3:41	10.40	30:19	2:54	4	5:00	4	5:00	
Lauf	2.50	14:35	5:50	3	2:34	3	2:34	12.90	44:54	3:28	3	7:34	3	7:34	