



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Völpel, Selina

Total time: 45:32

Club: Ludwigshafen
Number: 871

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

Rank in course/Total: 13 (of 19)
Rank in course/Women: 4 (of 9)
Best time in course: 37:20

Category:
weibliche Jugend B (14+15 Jahre)

Rank in category: 4(of 9)
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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.40	7:25	18:32	6	1:37	6	1:37	0.40	7:25	18:32	6	1:37	6	1:37
Wechsel S -> R	-	1:16	-	3	0:13	3	0:13	0.40	8:41	21:42	5	1:50	5	1:50
Schwimmen Total	0.40	8:41	21:42	5	1:50	5	1:50	0.40	8:41	21:42	5	1:50	5	1:50
Rad netto	10.00	20:50	2:04	5	3:12	5	3:12	10.40	29:31	2:50	5	5:02	5	5:02
Wechsel R -> L	-	1:01	-	5	0:11	5	0:11	10.40	30:32	2:56	5	5:13	5	5:13
Rad Total	10.00	21:51	2:11	4	3:23	4	3:23	10.40	30:32	2:56	5	5:13	5	5:13
Lauf	2.50	15:00	6:00	4	2:59	4	2:59	12.90	45:32	3:31	4	8:12	4	8:12