



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Sold, Alena

Total time: 48:42

Club: Maxdorf

Number: 872

Course: 12.90 km

Rank in course/Total: 16 (of 19)

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

Rank in course/Women: 6 (of 9)

Best time in course: 37:20

Category:

Rank in category: 6(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 ranking | | | | | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Schwimmen nett | 0.40 | 7:14 | 18:04 | 5 | 1:26 | 5 | 1:26 | 0.40 | 7:14 | 18:04 | 5 | 1:26 | 5 | 1:26 |
| Wechsel S -> R | - | 1:27 | - | 7 | 0:24 | 7 | 0:24 | 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 | 22:01 | 2:12 | 6 | 4:23 | 6 | 4:23 | 10.40 | 30:42 | 2:57 | 6 | 6:13 | 6 | 6:13 |
| Wechsel R -> L | - | 0:53 | - | 3 | 0:03 | 3 | 0:03 | 10.40 | 31:35 | 3:02 | 6 | 6:16 | 6 | 6:16 |
| Rad Total | 10.00 | 22:54 | 2:17 | 6 | 4:26 | 6 | 4:26 | 10.40 | 31:35 | 3:02 | 6 | 6:16 | 6 | 6:16 |
| Lauf | 2.50 | 17:07 | 6:50 | 7 | 5:06 | 7 | 5:06 | 12.90 | 48:42 | 3:46 | 6 | 11:22 | 6 | 11:22 |