



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	