



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

Langer, Nele

Total time: 52:59

Club: Wald-Michelbach

Number: 853

Course: 12.90 km

Rank in course/Total: 19 (of 19)

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

Rank in course/Women: 9 (of 9)

Best time in course: 37:20

Category:

Rank in category: 9(of 9)

weibliche Jugend B (14+15 Jahre)

Best time in the category: 37:20

Control	Intermediate times							Stage score				Total ranking			
	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	8:35	21:27	9	2:47	9	2:47	0.40	8:35	21:27	9	2:47	9	2:47	
Wechsel S -> R	-	2:03	-	9	1:00	9	1:00	0.40	10:38	26:34	9	3:47	9	3:47	
Schwimmen Total	0.40	10:38	26:34	9	3:47	9	3:47	0.40	10:38	26:34	9	3:47	9	3:47	
Rad netto	10.00	24:01	2:24	9	6:23	9	6:23	10.40	34:39	3:19	9	10:10	9	10:10	
Wechsel R -> L	-	1:15	-	8	0:25	8	0:25	10.40	35:54	3:27	9	10:35	9	10:35	
Rad Total	10.00	25:16	2:31	9	6:48	9	6:48	10.40	35:54	3:27	9	10:35	9	10:35	
Lauf	2.50	17:05	6:49	6	5:04	6	5:04	12.90	52:59	4:06	9	15:39	9	15:39	