



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Birkkraut, Amélie

Total time: 56:30

Club: TV 1862 Langen
Number: 865

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

Rank in course/Total: 11 (of 12)
Rank in course/Women: 5 (of 6)
Best time in course: 39:28

Category:
weibliche Schüler A (12+13 Jahre)

Rank in category: 5(of 6)
Best time in the category: 39:28

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	11:06	27:44	5	5:04	5	5:04	0.40	11:06	27:44	5	5:04	5	5:04
Wechsel S -> R	-	1:52	-	5	0:46	5	0:46	0.40	12:58	32:24	5	5:50	5	5:50
Schwimmen Total	0.40	12:58	32:24	5	5:50	5	5:50	0.40	12:58	32:24	5	5:50	5	5:50
Rad netto	10.00	25:07	2:30	5	5:34	5	5:34	10.40	38:05	3:39	5	11:24	5	11:24
Wechsel R -> L	-	1:06	-	5	0:18	5	0:18	10.40	39:11	3:46	5	11:42	5	11:42
Rad Total	10.00	26:13	2:37	5	5:52	5	5:52	10.40	39:11	3:46	5	11:42	5	11:42
Lauf	2.50	17:19	6:55	3	5:20	3	5:20	12.90	56:30	4:22	5	17:02	5	17:02