



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Kappel, Johannes

Total time: 58:58

Club: Trivolution Action Crew  
Number: 5

Course: 25.75 km  
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 1 (of 79)  
Rank in course/Men: 1 (of 60)  
Best time in course: 58:58

Category:  
AK20 männlich (20-29 Jahre)

Rank in category: 1(of 6)  
Best time in the category: 58:58

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	11:11	14:54	2	0:16	4	0:16	0.75	11:11	14:54	2	0:16	4	0:16
Wechsel S -> R	-	0:50	-	1	-	1	-	0.75	12:01	16:01	2	0:08	4	0:08
Schwimmen Total	0.75	12:01	16:01	2	0:08	4	0:08	0.75	12:01	16:01	2	0:08	4	0:08
Rad netto	20.00	27:49	1:23	1	-	1	-	20.75	39:50	1:55	1	-	1	-
Wechsel R -> L	-	0:50	-	1	-	2	0:07	20.75	40:40	1:57	1	-	1	-
Rad Total	20.00	28:39	1:25	1	-	1	-	20.75	40:40	1:57	1	-	1	-
Lauf	5.00	18:18	3:39	1	-	1	-	25.75	58:58	2:17	1	-	1	-