



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

Palussek, Sebastian

Total time: 1:05:47

Club: Team Radsport Wagner
Number: 64

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

Rank in course/Total: 5 (of 79)
Rank in course/Men: 5 (of 60)
Best time in course: 58:58

Category:
AK30 männlich (30-39 Jahre)

Rank in category: 2(of 16)
Best time in the category: 1:03:30

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	14:49	19:45	9	3:45	27	3:54	0.75	14:49	19:45	9	3:45	16	3:54
Wechsel S -> R	-	1:10	-	5	0:14	18	0:20	0.75	15:59	21:18	9	3:59	28	4:06
Schwimmen Total	0.75	15:59	21:18	9	3:59	28	4:06	0.75	15:59	21:18	9	3:59	28	4:06
Rad netto	20.00	29:44	1:29	1	-	3	1:55	20.75	45:43	2:12	4	2:12	11	5:53
Wechsel R -> L	-	0:55	-	2	0:01	4	0:12	20.75	46:38	2:14	4	2:12	8	5:58
Rad Total	20.00	30:39	1:31	1	-	3	2:00	20.75	46:38	2:14	4	2:12	8	5:58
Lauf	5.00	19:09	3:49	3	0:14	4	0:51	25.75	1:05:47	2:33	2	2:17	5	6:49