



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Hoffmann, Mark

Total time: 1:07:09

Club: MTG Mannheim Triathlon
Number: 43

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

Rank in course/Total: 8 (of 79)
Rank in course/Men: 7 (of 60)
Best time in course: 58:58

Category:
AK40 männlich (40-49 Jahre)

Rank in category: 2(of 18)
Best time in the category: 1:03:58

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	12:57	17:15	5	2:01	9	2:02	0.75	12:57	17:15	5	2:01	9	2:02
Wechsel S -> R	-	1:07	-	5	0:07	12	0:17	0.75	14:04	18:45	5	2:07	9	2:11
Schwimmen Total	0.75	14:04	18:45	5	2:07	9	2:11	0.75	14:04	18:45	5	2:07	9	2:11
Rad netto	20.00	31:30	1:34	5	0:45	9	3:41	20.75	45:34	2:11	3	2:28	8	5:44
Wechsel R -> L	-	1:05	-	5	0:06	16	0:22	20.75	46:39	2:14	3	2:34	9	5:59
Rad Total	20.00	32:35	1:37	5	0:37	10	3:56	20.75	46:39	2:14	3	2:34	9	5:59
Lauf	5.00	20:30	4:05	2	0:37	6	2:12	25.75	1:07:09	2:36	2	3:11	7	8:11