



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Schmiedel, Christian

Total time: 1:07:06

Club: MTG Mannheim Triathlon
Number: 67

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

Rank in course/Total: 7 (of 79)
Rank in course/Men: 6 (of 60)
Best time in course: 58:58

Category:
AK30 männlich (30-39 Jahre)

Rank in category: 3(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	13:05	17:26	3	2:01	11	2:10	0.75	13:05	17:26	3	2:01	11	2:10
Wechsel S -> R	-	1:07	-	3	0:11	12	0:17	0.75	14:12	18:56	3	2:12	10	2:19
Schwimmen Total	0.75	14:12	18:56	3	2:12	10	2:19	0.75	14:12	18:56	3	2:12	10	2:19
Rad netto	20.00	31:17	1:33	2	1:33	6	3:28	20.75	45:29	2:11	3	1:58	7	5:39
Wechsel R -> L	-	0:55	-	2	0:01	4	0:12	20.75	46:24	2:14	3	1:58	7	5:44
Rad Total	20.00	32:12	1:36	2	1:33	6	3:33	20.75	46:24	2:14	3	1:58	7	5:44
Lauf	5.00	20:42	4:08	4	1:47	7	2:24	25.75	1:07:06	2:36	3	3:36	6	8:08