



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Kostrzewa, Michael

Total time: 1:07:35

Club: LSV Ladenburg  
Number: 62

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

Rank in course/Total: 9 (of 79)  
Rank in course/Men: 8 (of 60)  
Best time in course: 58:58

Category:  
AK30 männlich (30-39 Jahre)

Rank in category: 4(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	12:13	16:17	2	1:09	8	1:18	0.75	12:13	16:17	2	1:09	8	1:18
Wechsel S -> R	-	1:03	-	2	0:07	8	0:13	0.75	13:16	17:41	2	1:16	6	1:23
Schwimmen Total	0.75	13:16	17:41	2	1:16	6	1:23	0.75	13:16	17:41	2	1:16	6	1:23
Rad netto	20.00	31:42	1:35	4	1:58	11	3:53	20.75	44:58	2:10	2	1:27	6	5:08
Wechsel R -> L	-	0:54	-	1	-	3	0:11	20.75	45:52	2:12	2	1:26	5	5:12
Rad Total	20.00	32:36	1:37	4	1:57	11	3:57	20.75	45:52	2:12	2	1:26	5	5:12
Lauf	5.00	21:43	4:20	7	2:48	20	3:25	25.75	1:07:35	2:37	4	4:05	8	8:37