



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Kolb, Oliver

Total time: 1:07:45

Club: MTG Mannheim Triathlon
Number: 54

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

Rank in course/Total: 10 (of 79)
Rank in course/Men: 9 (of 60)
Best time in course: 58:58

Category:
AK40 männlich (40-49 Jahre)

Rank in category: 3(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	12:11	16:14	4	1:15	7	1:16	0.75	12:11	16:14	4	1:15	7	1:16
Wechsel S -> R	-	1:07	-	5	0:07	12	0:17	0.75	13:18	17:44	3	1:21	7	1:25
Schwimmen Total	0.75	13:18	17:44	3	1:21	7	1:25	0.75	13:18	17:44	3	1:21	7	1:25
Rad netto	20.00	32:22	1:37	7	1:37	15	4:33	20.75	45:40	2:12	5	2:34	10	5:50
Wechsel R -> L	-	1:00	-	2	0:01	10	0:17	20.75	46:40	2:14	4	2:35	10	6:00
Rad Total	20.00	33:22	1:40	7	1:24	13	4:43	20.75	46:40	2:14	4	2:35	10	6:00
Lauf	5.00	21:05	4:13	5	1:12	11	2:47	25.75	1:07:45	2:37	3	3:47	9	8:47