



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Lemonidis, Christos

Total time: 1:08:20

Club: Soprema Team TSV Mannheim
Number: 1

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

Rank in course/Total: 11 (of 79)
Rank in course/Men: 10 (of 60)
Best time in course: 58:58

Category:
AK40 männlich (40-49 Jahre)

Rank in category: 4(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	12:09	16:11	3	1:13	6	1:14	0.75	12:09	16:11	3	1:13	6	1:14
Wechsel S -> R	-	1:15	-	9	0:15	23	0:25	0.75	13:24	17:52	4	1:27	8	1:31
Schwimmen Total	0.75	13:24	17:52	4	1:27	8	1:31	0.75	13:24	17:52	4	1:27	8	1:31
Rad netto	20.00	31:27	1:34	4	0:42	8	3:38	20.75	44:51	2:09	2	1:45	5	5:01
Wechsel R -> L	-	1:03	-	3	0:04	13	0:20	20.75	45:54	2:12	2	1:49	6	5:14
Rad Total	20.00	32:30	1:37	4	0:32	9	3:51	20.75	45:54	2:12	2	1:49	6	5:14
Lauf	5.00	22:26	4:29	10	2:33	25	4:08	25.75	1:08:20	2:39	4	4:22	10	9:22