



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Berger, Stephen

Total time: 1:08:26

Club: TriCity Darmstadt
Number: 2

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

Rank in course/Total: 12 (of 79)
Rank in course/Men: 11 (of 60)
Best time in course: 58:58

Category:
AK40 männlich (40-49 Jahre)

Rank in category: 5(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	13:12	17:35	7	2:16	13	2:17	0.75	13:12	17:35	7	2:16	13	2:17
Wechsel S -> R	-	1:05	-	3	0:05	9	0:15	0.75	14:17	19:02	6	2:20	11	2:24
Schwimmen Total	0.75	14:17	19:02	6	2:20	11	2:24	0.75	14:17	19:02	6	2:20	11	2:24
Rad netto	20.00	31:18	1:33	3	0:33	7	3:29	20.75	45:35	2:11	4	2:29	9	5:45
Wechsel R -> L	-	1:08	-	7	0:09	18	0:25	20.75	46:43	2:15	5	2:38	11	6:03
Rad Total	20.00	32:26	1:37	3	0:28	7	3:47	20.75	46:43	2:15	5	2:38	11	6:03
Lauf	5.00	21:43	4:20	8	1:50	20	3:25	25.75	1:08:26	2:39	5	4:28	11	9:28