



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Rüdenauer, Stefan

Total time: 1:08:33

Club: Weinheim

Number: 20

Course: 25.75 km

Rank in course/Total: 14 (of 79)

Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Men: 12 (of 60)

Best time in course: 58:58

Category:

Rank in category: 5(of 16)

AK30 männlich (30-39 Jahre)

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	13:50	18:26	5	2:46	19	2:55	0.75	13:50	18:26	5	2:46	19	2:55
Wechsel S -> R	-	1:34	-	11	0:38	40	0:44	0.75	15:24	20:32	6	3:24	22	3:31
Schwimmen Total	0.75	15:24	20:32	6	3:24	22	3:31	0.75	15:24	20:32	6	3:24	22	3:31
Rad netto	20.00	33:11	1:39	9	3:27	19	5:22	20.75	48:35	2:20	8	5:04	20	8:45
Wechsel R -> L	-	1:03	-	7	0:09	13	0:20	20.75	49:38	2:23	6	5:12	17	8:58
Rad Total	20.00	34:14	1:42	7	3:35	17	5:35	20.75	49:38	2:23	6	5:12	17	8:58
Lauf	5.00	18:55	3:47	1	-	2	0:37	25.75	1:08:33	2:39	5	5:03	12	9:35