



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Stöhr, Christoph

Total time: 1:08:40

Club: Tri City Darmstadt  
Number: 47

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

Rank in course/Total: 15 (of 79)  
Rank in course/Men: 13 (of 60)  
Best time in course: 58:58

Category:  
AK40 männlich (40-49 Jahre)

Rank in category: 6(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	14:21	19:07	10	3:25	25	3:26	0.75	14:21	19:07	10	3:25	25	3:26
Wechsel S -> R	-	1:31	-	15	0:31	37	0:41	0.75	15:52	21:09	10	3:55	26	3:59
Schwimmen Total	0.75	15:52	21:09	10	3:55	26	3:59	0.75	15:52	21:09	10	3:55	26	3:59
Rad netto	20.00	30:45	1:32	1	-	4	2:56	20.75	46:37	2:14	6	3:31	12	6:47
Wechsel R -> L	-	1:13	-	9	0:14	21	0:30	20.75	47:50	2:18	6	3:45	12	7:10
Rad Total	20.00	31:58	1:35	1	-	4	3:19	20.75	47:50	2:18	6	3:45	12	7:10
Lauf	5.00	20:50	4:09	3	0:57	8	2:32	25.75	1:08:40	2:40	6	4:42	13	9:42