



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Kowalik, Stanislaw

Total time: 1:09:29

Club: WTT

Number: 42

Course: 25.75 km

Rank in course/Total: 16 (of 79)

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

Rank in course/Men: 14 (of 60)

Best time in course: 58:58

Category:

Rank in category: 7(of 18)

AK40 männlich (40-49 Jahre)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	12:05	16:06	2	1:09	5	1:10	0.75	12:05	16:06	2	1:09	5	1:10
Wechsel S -> R	-	1:09	-	7	0:09	16	0:19	0.75	13:14	17:38	2	1:17	5	1:21
Schwimmen Total	0.75	13:14	17:38	2	1:17	5	1:21	0.75	13:14	17:38	2	1:17	5	1:21
Rad netto	20.00	34:01	1:42	10	3:16	23	6:12	20.75	47:15	2:16	8	4:09	14	7:25
Wechsel R -> L	-	1:11	-	8	0:12	20	0:28	20.75	48:26	2:20	8	4:21	14	7:46
Rad Total	20.00	35:12	1:45	10	3:14	23	6:33	20.75	48:26	2:20	8	4:21	14	7:46
Lauf	5.00	21:03	4:12	4	1:10	9	2:45	25.75	1:09:29	2:41	7	5:31	14	10:31