



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Sydow, Julia

Total time: 1:08:27

Club: SSC Karlsruhe

Number: 208

Course: 25.75 km

Rank in course/Total: 13 (of 79)

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

Rank in course/Women: 2 (of 19)

Best time in course: 1:05:52

Category:

Rank in category: 2(of 6)

AK20 weiblich (20-29 Jahre)

Best time in the category: 1:05:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	13:24	17:52	3	3:10	5	3:10	0.75	13:24	17:52	3	3:10	5	3:10
Wechsel S -> R	-	1:14	-	4	0:19	6	0:19	0.75	14:38	19:30	3	3:29	5	3:29
Schwimmen Total	0.75	14:38	19:30	3	3:29	5	3:29	0.75	14:38	19:30	3	3:29	5	3:29
Rad netto	20.00	32:27	1:37	2	0:24	2	0:24	20.75	47:05	2:16	2	3:53	2	3:53
Wechsel R -> L	-	1:12	-	5	0:15	7	0:15	20.75	48:17	2:19	2	4:08	2	4:08
Rad Total	20.00	33:39	1:40	2	0:39	2	0:39	20.75	48:17	2:19	2	4:08	2	4:08
Lauf	5.00	20:10	4:01	1	-	1	-	25.75	1:08:27	2:39	2	2:35	2	2:35