



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Grandt, Markus

Total time: 1:09:50

Club: Team PIRATE

Number: 11

Course: 25.75 km

Rank in course/Total: 17 (of 79)

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

Rank in course/Men: 15 (of 60)

Best time in course: 58:58

Category:

Rank in category: 8(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	13:56	18:34	9	3:00	21	3:01	0.75	13:56	18:34	9	3:00	21	3:01
Wechsel S -> R	-	1:05	-	3	0:05	9	0:15	0.75	15:01	20:01	9	3:04	19	3:08
Schwimmen Total	0.75	15:01	20:01	9	3:04	19	3:08	0.75	15:01	20:01	9	3:04	19	3:08
Rad netto	20.00	31:55	1:35	6	1:10	12	4:06	20.75	46:56	2:15	7	3:50	13	7:06
Wechsel R -> L	-	1:05	-	5	0:06	16	0:22	20.75	48:01	2:18	7	3:56	13	7:21
Rad Total	20.00	33:00	1:38	6	1:02	12	4:21	20.75	48:01	2:18	7	3:56	13	7:21
Lauf	5.00	21:49	4:21	9	1:56	22	3:31	25.75	1:09:50	2:42	8	5:52	15	10:52