



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Müller, Manuel

Total time: 1:10:40

Club: Team Erdinger Alkoholfrei
Number: 37

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

Rank in course/Total: 19 (of 79)
Rank in course/Men: 16 (of 60)
Best time in course: 58:58

Category:
AK30 männlich (30-39 Jahre)

Rank in category: 6(of 16)
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	14:15	19:00	8	3:11	24	3:20	0.75	14:15	19:00	8	3:11	24	3:20
Wechsel S -> R	-	1:27	-	8	0:31	31	0:37	0.75	15:42	20:56	8	3:42	24	3:49
Schwimmen Total	0.75	15:42	20:56	8	3:42	24	3:49	0.75	15:42	20:56	8	3:42	24	3:49
Rad netto	20.00	32:11	1:36	5	2:27	13	4:22	20.75	47:53	2:18	6	4:22	16	8:03
Wechsel R -> L	-	1:17	-	10	0:23	30	0:34	20.75	49:10	2:22	5	4:44	15	8:30
Rad Total	20.00	33:28	1:40	5	2:49	14	4:49	20.75	49:10	2:22	5	4:44	15	8:30
Lauf	5.00	21:30	4:17	5	2:35	15	3:12	25.75	1:10:40	2:44	6	7:10	16	11:42