



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Lehmer, Patrick

Total time: 1:11:20

Club: TV Lampertheim Triathlon
Number: 65

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

Rank in course/Total: 20 (of 79)

Rank in course/Men: 17 (of 60)

Best time in course: 58:58

Category:

Rank in category: 7(of 16)

AK30 männlich (30-39 Jahre)

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	13:07	17:29	4	2:03	12	2:12	0.75	13:07	17:29	4	2:03	12	2:12
Wechsel S -> R	-	1:15	-	7	0:19	23	0:25	0.75	14:22	19:09	4	2:22	12	2:29
Schwimmen Total	0.75	14:22	19:09	4	2:22	12	2:29	0.75	14:22	19:09	4	2:22	12	2:29
Rad netto	20.00	34:19	1:42	11	4:35	29	6:30	20.75	48:41	2:20	9	5:10	21	8:51
Wechsel R -> L	-	1:08	-	8	0:14	18	0:25	20.75	49:49	2:24	7	5:23	18	9:09
Rad Total	20.00	35:27	1:46	11	4:48	25	6:48	20.75	49:49	2:24	7	5:23	18	9:09
Lauf	5.00	21:31	4:18	6	2:36	16	3:13	25.75	1:11:20	2:46	7	7:50	17	12:22