



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Resch, Uwe

Total time: 1:11:39

Club: TSV Amicitia Viernheim
Number: 44

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

Rank in course/Total: 21 (of 79)
Rank in course/Men: 18 (of 60)
Best time in course: 58:58

Category:
AK40 männlich (40-49 Jahre)

Rank in category: 9(of 18)
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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	14:55	19:53	11	3:59	30	4:00	0.75	14:55	19:53	11	3:59	30	4:00
Wechsel S -> R	-	1:00	-	1	-	4	0:10	0.75	15:55	21:13	11	3:58	27	4:02
Schwimmen Total	0.75	15:55	21:13	11	3:58	27	4:02	0.75	15:55	21:13	11	3:58	27	4:02
Rad netto	20.00	32:58	1:38	8	2:13	17	5:09	20.75	48:53	2:21	11	5:47	23	9:03
Wechsel R -> L	-	1:14	-	10	0:15	23	0:31	20.75	50:07	2:24	10	6:02	22	9:27
Rad Total	20.00	34:12	1:42	8	2:14	16	5:33	20.75	50:07	2:24	10	6:02	22	9:27
Lauf	5.00	21:32	4:18	6	1:39	17	3:14	25.75	1:11:39	2:46	9	7:41	18	12:41