



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Kästle, Nora

Total time: 1:10:10

Club: MTG Mannheim Triathlon
Number: 205

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

Rank in course/Total: 18 (of 79)
Rank in course/Women: 3 (of 19)
Best time in course: 1:05:52

Category:
AK20 weiblich (20-29 Jahre)

Rank in category: 3(of 6)
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	13:11	17:34	2	2:57	4	2:57	0.75	13:11	17:34	2	2:57	4	2:57
Wechsel S -> R	-	1:24	-	6	0:29	11	0:29	0.75	14:35	19:26	2	3:26	4	3:26
Schwimmen Total	0.75	14:35	19:26	2	3:26	4	3:26	0.75	14:35	19:26	2	3:26	4	3:26
Rad netto	20.00	33:05	1:39	3	1:02	3	1:02	20.75	47:40	2:17	3	4:28	3	4:28
Wechsel R -> L	-	1:02	-	3	0:05	3	0:05	20.75	48:42	2:20	3	4:33	3	4:33
Rad Total	20.00	34:07	1:42	3	1:07	3	1:07	20.75	48:42	2:20	3	4:33	3	4:33
Lauf	5.00	21:28	4:17	2	1:18	2	1:18	25.75	1:10:10	2:43	3	4:18	3	4:18