



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Schmitt, Oliver

Total time: 1:11:53

Club: Team Auto Peters - SV Nikar Heidelberg
Number: 56

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

Rank in course/Total: 23 (of 79)

Rank in course/Men: 20 (of 60)

Best time in course: 58:58

Category:

Rank in category: 8(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	13:54	18:32	6	2:50	20	2:59	0.75	13:54	18:32	6	2:50	20	2:59
Wechsel S -> R	-	1:32	-	10	0:36	39	0:42	0.75	15:26	20:34	7	3:26	23	3:33
Schwimmen Total	0.75	15:26	20:34	7	3:26	23	3:33	0.75	15:26	20:34	7	3:26	23	3:33
Rad netto	20.00	33:05	1:39	8	3:21	18	5:16	20.75	48:31	2:20	7	5:00	19	8:41
Wechsel R -> L	-	1:30	-	13	0:36	41	0:47	20.75	50:01	2:24	8	5:35	20	9:21
Rad Total	20.00	34:35	1:43	8	3:56	18	5:56	20.75	50:01	2:24	8	5:35	20	9:21
Lauf	5.00	21:52	4:22	8	2:57	23	3:34	25.75	1:11:53	2:47	8	8:23	20	12:55