



# 21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

## Detailed evaluation

**Hefft, Alexander**

**Total time: 1:13:24**

Club: SV Nikar Heidelberg

Number: 55

Course: 25.75 km

Rank in course/Total: 26 (of 79)

Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Men: 23 (of 60)

Best time in course: 58:58

Category:

Rank in category: 10(of 18)

AK40 männlich (40-49 Jahre)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.75	13:01	17:21	6	2:05	10	2:06	0.75	13:01	17:21	6	2:05	10	2:06
Wechsel S -> R	-	1:28	-	14	0:28	34	0:38	0.75	14:29	19:18	7	2:32	13	2:36
Schwimmen Total	0.75	14:29	19:18	7	2:32	13	2:36	0.75	14:29	19:18	7	2:32	13	2:36
Rad netto	20.00	33:37	1:40	9	2:52	21	5:48	20.75	48:06	2:19	9	5:00	17	8:16
Wechsel R -> L	-	1:18	-	13	0:19	32	0:35	20.75	49:24	2:22	9	5:19	16	8:44
Rad Total	20.00	34:55	1:44	9	2:57	20	6:16	20.75	49:24	2:22	9	5:19	16	8:44
Lauf	5.00	24:00	4:47	13	4:07	37	5:42	25.75	1:13:24	2:51	10	9:26	23	14:26