



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Kissel Dr., Norbert

Total time: 1:13:49

Club: TVDÄ

Number: 17

Course: 25.75 km

Rank in course/Total: 28 (of 79)

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

Rank in course/Men: 25 (of 60)

Best time in course: 58:58

Category:

Rank in category: 1(of 14)

AK50 männlich (50-59 Jahre)

Best time in the category: 1:13:49

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	13:34	18:05	2	0:07	17	2:39	0.75	13:34	18:05	2	0:07	17	2:39
Wechsel S -> R	-	1:25	-	5	0:16	30	0:35	0.75	14:59	19:58	2	0:22	18	3:06
Schwimmen Total	0.75	14:59	19:58	2	0:22	18	3:06	0.75	14:59	19:58	2	0:22	18	3:06
Rad netto	20.00	33:25	1:40	1	-	20	5:36	20.75	48:24	2:19	1	-	18	8:34
Wechsel R -> L	-	1:32	-	9	0:18	44	0:49	20.75	49:56	2:24	1	-	19	9:16
Rad Total	20.00	34:57	1:44	1	-	22	6:18	20.75	49:56	2:24	1	-	19	9:16
Lauf	5.00	23:53	4:46	3	0:56	35	5:35	25.75	1:13:49	2:52	1	-	25	14:51