



21. EWR Triathlon Lampertheim  
Lampertheim / 26.06.2016

Detailed evaluation

Wiedemann, Ruben

Total time: 1:12:42

Club: RV 03 Bürstadt Triathlon  
Number: 151

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

Rank in course/Total: 24 (of 79)  
Rank in course/Men: 21 (of 60)  
Best time in course: 58:58

Category:  
männliche Jugend A (16-17 Jahre)

Rank in category: 1(of 2)  
Best time in the category: 1:12:42

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	14:01	18:41	2	0:30	23	3:06	0.75	14:01	18:41	2	0:30	60	3:06	
Wechsel S -> R	-	1:12	-	2	0:11	21	0:22	0.75	15:13	20:17	2	0:41	60	3:20	
Schwimmen Total	0.75	15:13	20:17	2	0:41	60	3:20	0.75	15:13	20:17	2	0:41	60	3:20	
Rad netto	20.00	35:26	1:46	2	0:36	42	7:37	20.75	50:39	2:26	2	1:17	60	10:49	
Wechsel R -> L	-	0:43	-	1	-	1	-	20.75	51:22	2:28	2	1:05	60	10:42	
Rad Total	20.00	36:09	1:48	2	0:24	33	7:30	20.75	51:22	2:28	2	1:05	60	10:42	
Lauf	5.00	21:20	4:15	1	-	13	3:02	25.75	1:12:42	2:49	1	-	21	13:44	