



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Walter, Christoph

Total time: 1:13:51

Club: DieHard-Triathlon

Number: 68

Course: 25.75 km

Rank in course/Total: 29 (of 79)

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

Rank in course/Men: 26 (of 60)

Best time in course: 58:58

Category:

Rank in category: 10(of 16)

AK30 männlich (30-39 Jahre)

Best time in the category: 1:03:30

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	16:29	21:58	13	5:25	41	5:34	0.75	16:29	21:58	13	5:25	41	5:34
Wechsel S -> R	-	1:07	-	3	0:11	12	0:17	0.75	17:36	23:28	13	5:36	38	5:43
Schwimmen Total	0.75	17:36	23:28	13	5:36	38	5:43	0.75	17:36	23:28	13	5:36	38	5:43
Rad netto	20.00	32:50	1:38	7	3:06	16	5:01	20.75	50:26	2:25	11	6:55	28	10:36
Wechsel R -> L	-	1:02	-	6	0:08	12	0:19	20.75	51:28	2:28	10	7:02	28	10:48
Rad Total	20.00	33:52	1:41	6	3:13	15	5:13	20.75	51:28	2:28	10	7:02	28	10:48
Lauf	5.00	22:23	4:28	9	3:28	24	4:05	25.75	1:13:51	2:52	10	10:21	26	14:53