



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Ross, Simon

Total time: 1:14:21

Club: Bensheim

Number: 66

Course: 25.75 km

Rank in course/Total: 30 (of 79)

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

Rank in course/Men: 27 (of 60)

Best time in course: 58:58

Category:

Rank in category: 4(of 6)

AK20 männlich (20-29 Jahre)

Best time in the category: 58:58

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	15:09	20:11	5	4:14	36	4:14	0.75	15:09	20:11	5	4:14	36	4:14
Wechsel S -> R	-	1:50	-	5	1:00	45	1:00	0.75	16:59	22:38	5	5:06	36	5:06
Schwimmen Total	0.75	16:59	22:38	5	5:06	36	5:06	0.75	16:59	22:38	5	5:06	36	5:06
Rad netto	20.00	34:20	1:43	3	6:31	30	6:31	20.75	51:19	2:28	4	11:29	30	11:29
Wechsel R -> L	-	1:42	-	6	0:52	49	0:59	20.75	53:01	2:33	4	12:21	31	12:21
Rad Total	20.00	36:02	1:48	4	7:23	30	7:23	20.75	53:01	2:33	4	12:21	31	12:21
Lauf	5.00	21:20	4:15	3	3:02	13	3:02	25.75	1:14:21	2:53	4	15:23	27	15:23