



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Grössl, Ingo

Total time: 1:14:36

Club: Triathlon Team DSW Darmstadt
Number: 4

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

Rank in course/Total: 31 (of 79)

Rank in course/Men: 28 (of 60)

Best time in course: 58:58

Category:

Rank in category: 11(of 18)

AK40 männlich (40-49 Jahre)

Best time in the category: 1:03:58

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	13:24	17:52	8	2:28	14	2:29	0.75	13:24	17:52	8	2:28	14	2:29
Wechsel S -> R	-	1:16	-	10	0:16	25	0:26	0.75	14:40	19:33	8	2:43	16	2:47
Schwimmen Total	0.75	14:40	19:33	8	2:43	16	2:47	0.75	14:40	19:33	8	2:43	16	2:47
Rad netto	20.00	34:10	1:42	11	3:25	27	6:21	20.75	48:50	2:21	10	5:44	22	9:00
Wechsel R -> L	-	1:21	-	14	0:22	35	0:38	20.75	50:11	2:25	11	6:06	23	9:31
Rad Total	20.00	35:31	1:46	11	3:33	26	6:52	20.75	50:11	2:25	11	6:06	23	9:31
Lauf	5.00	24:25	4:53	14	4:32	41	6:07	25.75	1:14:36	2:53	11	10:38	28	15:38