



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Tönder, Vincent

Total time: 25:33

Club: Ober-ramstadt

Number: 816

Course: 6.20 km

Rank in course/Total: 8 (of 16)

Schüler B Triathlon (200 m, 5 km, 1,0 km)

Rank in course/Men: 7 (of 10)

Best time in course: 20:43

Category:

Rank in category: 7(of 10)

männliche Schüler B (10+11 Jahre)

Best time in the category: 20:43

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	0.20	4:30	22:30	5	1:07	5	1:07	0.20	4:30	22:30	5	1:07	5	1:07
Wechsel S -> R	-	1:38	-	7	0:41	7	0:41	0.20	6:08	30:40	5	1:36	5	1:36
Schwimmen Total	0.20	6:08	30:40	5	1:36	5	1:36	0.20	6:08	30:40	5	1:36	5	1:36
Rad netto	5.00	13:39	2:43	7	2:51	7	2:51	5.20	19:47	3:48	7	4:12	7	4:12
Wechsel R -> L	-	1:02	-	8	0:13	8	0:13	5.20	20:49	4:00	7	4:20	7	4:20
Rad Total	5.00	14:41	2:56	7	2:59	7	2:59	5.20	20:49	4:00	7	4:20	7	4:20
Lauf	1.00	4:44	4:44	6	0:30	6	0:30	6.20	25:33	4:07	7	4:50	7	4:50