



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Klefenz, Christian

Total time: 1:14:49

Club: ASG Tria Hockenheim

Number: 28

Course: 25.75 km

Rank in course/Total: 32 (of 79)

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

Rank in course/Men: 29 (of 60)

Best time in course: 58:58

Category:

Rank in category: 11(of 16)

AK30 männlich (30-39 Jahre)

Best time in the category: 1:03:30

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	14:55	19:53	11	3:51	30	4:00	0.75	14:55	19:53	11	3:51	30	4:00
Wechsel S -> R	-	1:41	-	14	0:45	43	0:51	0.75	16:36	22:08	12	4:36	34	4:43
Schwimmen Total	0.75	16:36	22:08	12	4:36	34	4:43	0.75	16:36	22:08	12	4:36	34	4:43
Rad netto	20.00	33:41	1:41	10	3:57	22	5:52	20.75	50:17	2:25	10	6:46	27	10:27
Wechsel R -> L	-	1:14	-	9	0:20	23	0:31	20.75	51:31	2:28	11	7:05	29	10:51
Rad Total	20.00	34:55	1:44	10	4:16	21	6:16	20.75	51:31	2:28	11	7:05	29	10:51
Lauf	5.00	23:18	4:39	12	4:23	31	5:00	25.75	1:14:49	2:54	11	11:19	29	15:51