



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Bärwalde, Luis

Total time: 1:13:43

Club: VFS Rödermark

Number: 153

Course: 25.75 km

Rank in course/Total: 27 (of 79)

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

Rank in course/Men: 24 (of 60)

Best time in course: 58:58

Category:

Rank in category: 2(of 2)

männliche Jugend A (16-17 Jahre)

Best time in the category: 1:12:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.75	13:31	18:01	1	-	16	2:36	0.75	13:31	18:01	1	-	60	2:36	
Wechsel S -> R	-	1:01	-	1	-	5	0:11	0.75	14:32	19:22	1	-	60	2:39	
Schwimmen Total	0.75	14:32	19:22	1	-	60	2:39	0.75	14:32	19:22	1	-	60	2:39	
Rad netto	20.00	34:50	1:44	1	-	32	7:01	20.75	49:22	2:22	1	-	60	9:32	
Wechsel R -> L	-	0:55	-	2	0:12	4	0:12	20.75	50:17	2:25	1	-	60	9:37	
Rad Total	20.00	35:45	1:47	1	-	27	7:06	20.75	50:17	2:25	1	-	60	9:37	
Lauf	5.00	23:26	4:41	2	2:06	33	5:08	25.75	1:13:43	2:51	2	1:01	24	14:45	