



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Thomas, Manuel

Total time: 1:16:51

Club: TSV Amicitia Viernheim

Number: 15

Course: 25.75 km

Rank in course/Total: 35 (of 79)

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

Rank in course/Men: 31 (of 60)

Best time in course: 58:58

Category:

Rank in category: 5(of 6)

AK20 männlich (20-29 Jahre)

Best time in the category: 58:58

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	15:04	20:05	4	4:09	34	4:09	0.75	15:04	20:05	4	4:09	34	4:09
Wechsel S -> R	-	1:02	-	3	0:12	7	0:12	0.75	16:06	21:28	4	4:13	29	4:13
Schwimmen Total	0.75	16:06	21:28	4	4:13	29	4:13	0.75	16:06	21:28	4	4:13	29	4:13
Rad netto	20.00	36:52	1:50	6	9:03	47	9:03	20.75	52:58	2:33	5	13:08	36	13:08
Wechsel R -> L	-	1:13	-	3	0:23	21	0:30	20.75	54:11	2:36	5	13:31	35	13:31
Rad Total	20.00	38:05	1:54	6	9:26	46	9:26	20.75	54:11	2:36	5	13:31	35	13:31
Lauf	5.00	22:40	4:31	5	4:22	26	4:22	25.75	1:16:51	2:59	5	17:53	31	17:53