



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Wenzel, Arno

Total time: 1:17:11

Club: DZ BANK runners

Number: 69

Course: 25.75 km

Rank in course/Total: 37 (of 79)

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

Rank in course/Men: 32 (of 60)

Best time in course: 58:58

Category:

Rank in category: 12(of 18)

AK40 männlich (40-49 Jahre)

Best time in the category: 1:03:58

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	17:30	23:19	17	6:34	50	6:35	0.75	17:30	23:19	17	6:34	50	6:35	
Wechsel S -> R	-	1:27	-	13	0:27	31	0:37	0.75	18:57	25:15	15	7:00	44	7:04	
Schwimmen Total	0.75	18:57	25:15	15	7:00	44	7:04	0.75	18:57	25:15	15	7:00	44	7:04	
Rad netto	20.00	35:08	1:45	14	4:23	36	7:19	20.75	54:05	2:36	15	10:59	42	14:15	
Wechsel R -> L	-	1:32	-	15	0:33	44	0:49	20.75	55:37	2:40	15	11:32	43	14:57	
Rad Total	20.00	36:40	1:49	15	4:42	40	8:01	20.75	55:37	2:40	15	11:32	43	14:57	
Lauf	5.00	21:34	4:18	7	1:41	18	3:16	25.75	1:17:11	2:59	12	13:13	32	18:13	