



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Svovak

Total time: 1:04:26

Club: Svovak

Number: 259

Course: 25.50 km

Rank in course/Total: 3 (of 15)

Jedermann Staffelttriathlon (500 m, 20 km, 5 km)

Rank in course/Men: 3 (of 12)

Best time in course: 1:00:43

Category:

Rank in category: 3(of 12)

Staffel Männer

Best time in the category: 1:00:43

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	0.50	8:48	17:36	3	0:45	3	0:45	0.50	8:48	17:36	3	0:45	3	0:45
Wechsel S -> R	-	0:43	-	3	0:05	3	0:05	0.50	9:31	19:02	3	0:49	3	0:49
Schwimmen Total	0.50	9:31	19:02	3	0:49	3	0:49	0.50	9:31	19:02	3	0:49	3	0:49
Rad netto	20.00	32:11	1:36	3	2:09	3	2:09	20.50	41:42	2:02	3	1:45	3	1:45
Wechsel R -> L	-	0:45	-	1	-	1	-	20.50	42:27	2:04	3	1:45	3	1:45
Rad Total	20.00	32:56	1:38	2	2:09	2	2:09	20.50	42:27	2:04	3	1:45	3	1:45
Lauf	5.00	21:59	4:23	5	2:55	5	2:55	25.50	1:04:26	2:31	3	3:43	3	3:43