



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Krause, Mandy

Total time: 1:16:43

Club: Post SV Lehrte
Number: 221

Course: 25.75 km
Sprint Triathlon (750 m, 20 km, 5 km)

Rank in course/Total: 34 (of 79)
Rank in course/Women: 4 (of 19)
Best time in course: 1:05:52

Category:
AK20 weiblich (20-29 Jahre)

Rank in category: 4(of 6)
Best time in the category: 1:05:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	15:49	21:05	5	5:35	12	5:35	0.75	15:49	21:05	5	5:35	12	5:35
Wechsel S -> R	-	1:11	-	3	0:16	3	0:16	0.75	17:00	22:40	5	5:51	9	5:51
Schwimmen Total	0.75	17:00	22:40	5	5:51	9	5:51	0.75	17:00	22:40	5	5:51	9	5:51
Rad netto	20.00	36:40	1:49	5	4:37	6	4:37	20.75	53:40	2:35	5	10:28	8	10:28
Wechsel R -> L	-	1:11	-	4	0:14	6	0:14	20.75	54:51	2:38	5	10:42	8	10:42
Rad Total	20.00	37:51	1:53	5	4:51	6	4:51	20.75	54:51	2:38	5	10:42	8	10:42
Lauf	5.00	21:52	4:22	4	1:42	4	1:42	25.75	1:16:43	2:58	4	10:51	4	10:51