



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Leisurs, Paula

Total time: 1:16:59

Club: Triathlon Team DSW Darmstadt
Number: 223

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

Rank in course/Total: 36 (of 79)
Rank in course/Women: 5 (of 19)
Best time in course: 1:05:52

Category:
weibliche Jugend A (16-17 Jahre)

Rank in category: 1(of 1)
Best time in the category: 1:16:59

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	12:12	16:15	1	-	2	1:58	0.75	12:12	16:15	1	-	2	1:58
Wechsel S -> R	-	1:15	-	1	-	7	0:20	0.75	13:27	17:56	1	-	2	2:18
Schwimmen Total	0.75	13:27	17:56	1	-	2	2:18	0.75	13:27	17:56	1	-	2	2:18
Rad netto	20.00	38:01	1:54	1	-	14	5:58	20.75	51:28	2:28	1	-	5	8:16
Wechsel R -> L	-	1:04	-	1	-	4	0:07	20.75	52:32	2:31	1	-	5	8:23
Rad Total	20.00	39:05	1:57	1	-	12	6:05	20.75	52:32	2:31	1	-	5	8:23
Lauf	5.00	24:27	4:53	1	-	7	4:17	25.75	1:16:59	2:59	1	-	5	11:07