



21. EWR Triathlon Lampertheim

Lampertheim / 26.06.2016

Detailed evaluation

Athletes for Charity

Total time: 1:05:42

Club: Athletes for Charity
Number: 256

Course: 25.50 km

Rank in course/Total: 4 (of 15)

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

Rank in course/Men: 4 (of 12)

Best time in course: 1:00:43

Category:

Rank in category: 4(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	8:52	17:44	4	0:49	4	0:49	0.50	8:52	17:44	4	0:49	4	0:49
Wechsel S -> R	-	0:44	-	4	0:06	4	0:06	0.50	9:36	19:11	4	0:54	4	0:54
Schwimmen Total	0.50	9:36	19:11	4	0:54	4	0:54	0.50	9:36	19:11	4	0:54	4	0:54
Rad netto	20.00	33:16	1:39	4	3:14	4	3:14	20.50	42:52	2:05	4	2:55	4	2:55
Wechsel R -> L	-	0:46	-	3	0:01	3	0:01	20.50	43:38	2:07	4	2:56	4	2:56
Rad Total	20.00	34:02	1:42	4	3:15	4	3:15	20.50	43:38	2:07	4	2:56	4	2:56
Lauf	5.00	22:04	4:24	7	3:00	7	3:00	25.50	1:05:42	2:34	4	4:59	4	4:59