



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Dr. Boeke, Christian

Total time: 1:18:40

Club: Ski Club Heidelberg

Number: 8

Course: 25.75 km

Rank in course/Total: 42 (of 79)

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

Rank in course/Men: 35 (of 60)

Best time in course: 58:58

Category:

Rank in category: 13(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. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Schwimmen nett | 0.75 | 17:57 | 23:56 | 18 | 7:01 | 55 | 7:02 | 0.75 | 17:57 | 23:56 | 18 | 7:01 | 55 | 7:02 |
| Wechsel S -> R | - | 1:24 | - | 12 | 0:24 | 28 | 0:34 | 0.75 | 19:21 | 25:48 | 17 | 7:24 | 48 | 7:28 |
| Schwimmen Total | 0.75 | 19:21 | 25:48 | 17 | 7:24 | 48 | 7:28 | 0.75 | 19:21 | 25:48 | 17 | 7:24 | 48 | 7:28 |
| Rad netto | 20.00 | 35:16 | 1:45 | 15 | 4:31 | 39 | 7:27 | 20.75 | 54:37 | 2:37 | 16 | 11:31 | 44 | 14:47 |
| Wechsel R -> L | - | 1:04 | - | 4 | 0:05 | 15 | 0:21 | 20.75 | 55:41 | 2:41 | 16 | 11:36 | 44 | 15:01 |
| Rad Total | 20.00 | 36:20 | 1:49 | 13 | 4:22 | 37 | 7:41 | 20.75 | 55:41 | 2:41 | 16 | 11:36 | 44 | 15:01 |
| Lauf | 5.00 | 22:59 | 4:35 | 11 | 3:06 | 29 | 4:41 | 25.75 | 1:18:40 | 3:03 | 13 | 14:42 | 35 | 19:42 |