



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