



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Luzhbin, Andrey

Total time: 1:19:11

Club: Lampertheim

Number: 30

Course: 25.75 km

Rank in course/Total: 44 (of 79)

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

Rank in course/Men: 37 (of 60)

Best time in course: 58:58

Category:

Rank in category: 12(of 16)

AK30 männlich (30-39 Jahre)

Best time in the category: 1:03:30

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	0.75	15:00	20:00	12	3:56	33	4:05	0.75	15:00	20:00	12	3:56	33	4:05
Wechsel S -> R	-	1:11	-	6	0:15	20	0:21	0.75	16:11	21:34	10	4:11	30	4:18
Schwimmen Total	0.75	16:11	21:34	10	4:11	30	4:18	0.75	16:11	21:34	10	4:11	30	4:18
Rad netto	20.00	37:15	1:51	14	7:31	50	9:26	20.75	53:26	2:34	12	9:55	41	13:36
Wechsel R -> L	-	1:24	-	12	0:30	38	0:41	20.75	54:50	2:38	12	10:24	39	14:10
Rad Total	20.00	38:39	1:55	14	8:00	49	10:00	20.75	54:50	2:38	12	10:24	39	14:10
Lauf	5.00	24:21	4:52	14	5:26	40	6:03	25.75	1:19:11	3:04	12	15:41	37	20:13