



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Rosemann, Michael

Total time: 1:19:17

Club: Triathlon Team DSW Darmstadt
Number: 6

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

Rank in course/Total: 45 (of 79)
Rank in course/Men: 38 (of 60)
Best time in course: 58:58

Category:
AK50 männlich (50-59 Jahre)

Rank in category: 5(of 14)
Best time in the category: 1:13:49

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	17:52	23:49	13	4:25	54	6:57	0.75	17:52	23:49	13	4:25	54	6:57
Wechsel S -> R	-	1:29	-	6	0:20	35	0:39	0.75	19:21	25:48	10	4:44	48	7:28
Schwimmen Total	0.75	19:21	25:48	10	4:44	48	7:28	0.75	19:21	25:48	10	4:44	48	7:28
Rad netto	20.00	35:17	1:45	6	1:52	40	7:28	20.75	54:38	2:37	8	6:14	45	14:48
Wechsel R -> L	-	1:42	-	11	0:28	49	0:59	20.75	56:20	2:42	8	6:24	46	15:40
Rad Total	20.00	36:59	1:50	8	2:02	45	8:20	20.75	56:20	2:42	8	6:24	46	15:40
Lauf	5.00	22:57	4:35	1	-	28	4:39	25.75	1:19:17	3:04	5	5:28	38	20:19