



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Beran, Katharina

Total time: 1:18:14

Club: LSV Ladenburg
Number: 204

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

Rank in course/Total: 39 (of 79)
Rank in course/Women: 6 (of 19)
Best time in course: 1:05:52

Category:
AK20 weiblich (20-29 Jahre)

Rank in category: 5(of 6)
Best time in the category: 1:05:52

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.75	14:14	18:58	4	4:00	6	4:00	0.75	14:14	18:58	4	4:00	6	4:00
Wechsel S -> R	-	0:58	-	2	0:03	2	0:03	0.75	15:12	20:15	4	4:03	6	4:03
Schwimmen Total	0.75	15:12	20:15	4	4:03	6	4:03	0.75	15:12	20:15	4	4:03	6	4:03
Rad netto	20.00	35:18	1:45	4	3:15	4	3:15	20.75	50:30	2:26	4	7:18	4	7:18
Wechsel R -> L	-	1:00	-	2	0:03	2	0:03	20.75	51:30	2:28	4	7:21	4	7:21
Rad Total	20.00	36:18	1:48	4	3:18	4	3:18	20.75	51:30	2:28	4	7:21	4	7:21
Lauf	5.00	26:44	5:20	6	6:34	12	6:34	25.75	1:18:14	3:02	5	12:22	6	12:22