



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Bernhardt, Harald

Total time: 1:19:45

Club: TSG Maxdorf

Number: 26

Course: 25.75 km

Rank in course/Total: 47 (of 79)

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

Rank in course/Men: 40 (of 60)

Best time in course: 58:58

Category:

Rank in category: 6(of 14)

AK50 männlich (50-59 Jahre)

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	14:53	19:50	4	1:26	29	3:58	0.75	14:53	19:50	4	1:26	29	3:58
Wechsel S -> R	-	1:51	-	8	0:42	46	1:01	0.75	16:44	22:18	5	2:07	35	4:51
Schwimmen Total	0.75	16:44	22:18	5	2:07	35	4:51	0.75	16:44	22:18	5	2:07	35	4:51
Rad netto	20.00	38:16	1:54	10	4:51	51	10:27	20.75	55:00	2:39	9	6:36	47	15:10
Wechsel R -> L	-	1:27	-	5	0:13	39	0:44	20.75	56:27	2:43	9	6:31	47	15:47
Rad Total	20.00	39:43	1:59	10	4:46	51	11:04	20.75	56:27	2:43	9	6:31	47	15:47
Lauf	5.00	23:18	4:39	2	0:21	31	5:00	25.75	1:19:45	3:05	6	5:56	40	20:47