



21. EWR Triathlon Lampertheim
Lampertheim / 26.06.2016

Detailed evaluation

Meierhoff, Frank

Total time: 1:19:56

Club: TSV Amicitia Viernheim

Number: 14

Course: 25.75 km

Rank in course/Total: 48 (of 79)

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

Rank in course/Men: 41 (of 60)

Best time in course: 58:58

Category:

Rank in category: 7(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	13:27	17:56	1	-	15	2:32	0.75	13:27	17:56	1	-	15	2:32
Wechsel S -> R	-	1:10	-	2	0:01	18	0:20	0.75	14:37	19:29	1	-	15	2:44
Schwimmen Total	0.75	14:37	19:29	1	-	15	2:44	0.75	14:37	19:29	1	-	15	2:44
Rad netto	20.00	34:50	1:44	3	1:25	32	7:01	20.75	49:27	2:22	2	1:03	26	9:37
Wechsel R -> L	-	1:16	-	2	0:02	26	0:33	20.75	50:43	2:26	2	0:47	25	10:03
Rad Total	20.00	36:06	1:48	3	1:09	32	7:27	20.75	50:43	2:26	2	0:47	25	10:03
Lauf	5.00	29:13	5:50	12	6:16	56	10:55	25.75	1:19:56	3:06	7	6:07	41	20:58