



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

**Keinert, Dietmar**

**Total time: 1:18:29**

Club: DJK Käfertal-Waldhof

Number: 127

Course: 25.50 km

Rank in course/Total: 166 (of 336)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 144 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 7(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:06:15

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	0.50	12:24	24:48	7	2:58	165	5:06	0.50	12:24	24:48	14	2:58	241	5:06
Wechsel S -> R	-	2:35	-	7	1:10	130	1:19	0.50	14:59	29:57	7	3:58	241	5:55
Schwimmen Total	0.50	14:59	29:57	7	3:58	241	5:55	0.50	14:59	29:57	7	3:58	241	5:55
Rad netto	20.00	38:19	1:54	7	4:26	151	13:50	20.50	53:18	2:35	6	8:24	241	11:50
Wechsel R -> L	-	1:16	-	6	0:33	166	0:49	20.50	54:34	2:39	4	8:53	241	13:23
Rad Total	20.00	39:35	1:58	8	4:55	151	11:36	20.50	54:34	2:39	4	8:53	241	13:23
Lauf	5.00	23:55	4:46	7	5:13	116	6:17	25.50	1:18:29	3:04	7	12:14	144	17:09