



13. Lorsche Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Lammer, Oliver

Club: TTV Topspin Lorsch

Number: 8

Course: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Category:

Senioren 1 (TM 40)

Total time: 1:11:22

Rank in course/Total: 74 (of 336)

Rank in course/Men: 67 (of 240)

Best time in course: 1:01:20

Rank in category: 10(of 31)

Best time in the category: 1:02:45

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	10:09	20:18	10	2:12	75	2:51	0.50	10:09	20:18	32	2:12	241	2:51
Wechsel S -> R	-	2:09	-	14	0:47	74	0:53	0.50	12:18	24:36	32	2:41	241	3:14
Schwimmen Total	0.50	12:18	24:36	32	2:41	241	3:14	0.50	12:18	24:36	32	2:41	241	3:14
Rad netto	20.00	35:16	1:45	13	3:11	74	10:47	20.50	47:34	2:19	12	3:33	241	6:06
Wechsel R -> L	-	1:07	-	16	0:37	133	0:40	20.50	48:41	2:22	32	7:30	241	7:30
Rad Total	20.00	36:23	1:49	14	3:47	79	8:24	20.50	48:41	2:22	32	7:30	241	7:30
Lauf	5.00	22:41	4:32	11	4:50	83	5:03	25.50	1:11:22	2:47	10	8:37	67	10:02