



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Rohde, Ralf

Total time: 1:22:53

Club: Kath. Kirchenmusikverein Lampertheim

Number: 111

Course: 25.50 km

Rank in course/Total: 217 (of 336)

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

Rank in course/Men: 175 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 37(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

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	10:18	20:36	14	2:09	87	3:00	0.50	10:18	20:36	43	2:09	241	3:00
Wechsel S -> R	-	3:17	-	34	1:44	183	2:01	0.50	13:35	27:10	43	3:53	241	4:31
Schwimmen Total	0.50	13:35	27:10	43	3:53	241	4:31	0.50	13:35	27:10	43	3:53	241	4:31
Rad netto	20.00	38:07	1:54	30	5:07	145	13:38	20.50	51:42	2:31	43	9:00	241	10:14
Wechsel R -> L	-	1:56	-	42	1:21	228	1:29	20.50	53:38	2:36	43	10:05	241	12:27
Rad Total	20.00	40:03	2:00	32	6:12	161	12:04	20.50	53:38	2:36	43	10:05	241	12:27
Lauf	5.00	29:15	5:50	40	9:51	210	11:37	25.50	1:22:53	3:15	37	19:10	175	21:33