



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Pause, Alexander

Total time: 1:28:35

Club: Einhausen

Number: 109

Course: 25.50 km

Rank in course/Total: 274 (of 336)

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

Rank in course/Men: 206 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 34(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

### 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	17:48	35:36	39	10:14	239	10:30	0.50	17:48	35:36	40	10:14	241	10:30
Wechsel S -> R	-	3:49	-	34	2:19	206	2:33	0.50	21:37	43:14	40	12:33	241	12:33
Schwimmen Total	0.50	21:37	43:14	40	12:33	241	12:33	0.50	21:37	43:14	40	12:33	241	12:33
Rad netto	20.00	39:50	1:59	31	8:34	179	15:21	20.50	1:01:27	2:59	40	19:28	241	19:59
Wechsel R -> L	-	1:53	-	36	1:26	225	1:26	20.50	1:03:20	3:05	40	20:35	241	22:09
Rad Total	20.00	41:43	2:05	32	9:35	188	13:44	20.50	1:03:20	3:05	40	20:35	241	22:09
Lauf	5.00	25:15	5:02	25	6:23	151	7:37	25.50	1:28:35	3:28	34	25:09	206	27:15