



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Bienek, Oliver

Total time: 1:08:50

Number: 185

Course: 25.50 km

Rank in course/Total: 45 (of 336)

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

Rank in course/Men: 43 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 7(of 28)

männliche AK 3 (TM 30)

Best time in the category: 1:01:20

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:10	20:19	9	2:00	78	2:52	0.50	10:10	20:19	29	2:00	241	2:52
Wechsel S -> R	-	1:57	-	4	0:15	54	0:41	0.50	12:07	24:14	29	1:52	241	3:03
Schwimmen Total	0.50	12:07	24:14	29	1:52	241	3:03	0.50	12:07	24:14	29	1:52	241	3:03
Rad netto	20.00	34:24	1:43	5	3:38	51	9:55	20.50	46:31	2:16	6	4:22	241	5:03
Wechsel R -> L	-	0:45	-	9	0:08	42	0:18	20.50	47:16	2:18	6	4:30	241	6:05
Rad Total	20.00	35:09	1:45	5	3:46	48	7:10	20.50	47:16	2:18	6	4:30	241	6:05
Lauf	5.00	21:34	4:18	9	3:00	54	3:56	25.50	1:08:50	2:41	7	7:30	43	7:30