



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Pommeranz, Jörg

Club: LG-Riedstadt-Goddelau

Number: 190

Course: 25.50 km

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

Category:

Senioren 3 (TM 50)

Total time: 1:09:14

Rank in course/Total: 48 (of 336)

Rank in course/Men: 47 (of 240)

Best time in course: 1:01:20

Rank in category: 7(of 42)

Best time in the category: 1:03:43

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	10:25	20:49	16	2:16	93	3:07	0.50	10:25	20:49	43	2:16	241	3:07
Wechsel S -> R	-	2:25	-	20	0:52	107	1:09	0.50	12:50	25:40	43	3:08	241	3:46
Schwimmen Total	0.50	12:50	25:40	43	3:08	241	3:46	0.50	12:50	25:40	43	3:08	241	3:46
Rad netto	20.00	34:18	1:42	10	1:18	47	9:49	20.50	47:08	2:17	43	4:26	241	5:40
Wechsel R -> L	-	1:10	-	26	0:35	147	0:43	20.50	48:18	2:21	43	4:45	241	7:07
Rad Total	20.00	35:28	1:46	11	1:37	53	7:29	20.50	48:18	2:21	43	4:45	241	7:07
Lauf	5.00	20:56	4:11	5	1:32	43	3:18	25.50	1:09:14	2:42	7	5:31	47	7:54