



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Remus, Ingo

Total time: 1:11:58

Club: Feuerwehr Bensheim

Number: 175

Course: 25.50 km

Rank in course/Total: 83 (of 336)

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

Rank in course/Men: 75 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 14(of 31)

Senioren 1 (TM 40)

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.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Schwimmen nett	0.50	11:54	23:48	20	3:57	152	4:36	0.50	11:54	23:48	32	3:57	241	4:36
Wechsel S -> R	-	1:52	-	6	0:30	42	0:36	0.50	13:46	27:32	32	4:09	241	4:42
Schwimmen Total	0.50	13:46	27:32	32	4:09	241	4:42	0.50	13:46	27:32	32	4:09	241	4:42
Rad netto	20.00	36:05	1:48	16	4:00	95	11:36	20.50	49:51	2:25	32	5:50	241	8:23
Wechsel R -> L	-	0:38	-	3	0:08	19	0:11	20.50	50:29	2:27	32	9:18	241	9:18
Rad Total	20.00	36:43	1:50	15	4:07	86	8:44	20.50	50:29	2:27	32	9:18	241	9:18
Lauf	5.00	21:29	4:17	6	3:38	53	3:51	25.50	1:11:58	2:49	14	9:13	75	10:38