



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Osieka, Volker

Total time: 1:13:14

Club: TV Großostheim

Number: 167

Course: 25.50 km

Rank in course/Total: 98 (of 336)

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

Rank in course/Men: 89 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(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	8:45	17:30	3	0:36	16	1:27	0.50	8:45	17:30	43	0:36	241	1:27
Wechsel S -> R	-	1:42	-	4	0:09	25	0:26	0.50	10:27	20:53	43	0:45	241	1:23
Schwimmen Total	0.50	10:27	20:53	43	0:45	241	1:23	0.50	10:27	20:53	43	0:45	241	1:23
Rad netto	20.00	36:15	1:48	17	3:15	97	11:46	20.50	46:42	2:16	43	4:00	241	5:14
Wechsel R -> L	-	1:07	-	23	0:32	133	0:40	20.50	47:49	2:19	43	4:16	241	6:38
Rad Total	20.00	37:22	1:52	17	3:31	96	9:23	20.50	47:49	2:19	43	4:16	241	6:38
Lauf	5.00	25:25	5:05	34	6:01	154	7:47	25.50	1:13:14	2:52	17	9:31	89	11:54