



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Schmidt, Holger

Club: Monnem Vorn

Number: 156

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:14:39

Rank in course/Total: 115 (of 336)

Rank in course/Men: 101 (of 240)

Best time in course: 1:01:20

Rank in category: 19(of 39)

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.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	km	Time	min/km	Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:47	23:33	24	4:13	147	4:29	0.50	11:47	23:33	40	4:13	241	4:29
Wechsel S -> R	-	2:26	-	18	0:56	110	1:10	0.50	14:13	28:26	40	5:09	241	5:09
Schwimmen Total	0.50	14:13	28:26	40	5:09	241	5:09	0.50	14:13	28:26	40	5:09	241	5:09
Rad netto	20.00	36:36	1:49	20	5:20	106	12:07	20.50	50:49	2:28	40	8:50	241	9:21
Wechsel R -> L	-	1:13	-	27	0:46	159	0:46	20.50	52:02	2:32	40	9:17	241	10:51
Rad Total	20.00	37:49	1:53	21	5:41	109	9:50	20.50	52:02	2:32	40	9:17	241	10:51
Lauf	5.00	22:37	4:31	17	3:45	79	4:59	25.50	1:14:39	2:55	19	11:13	101	13:19