



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Sommerschuh, Uwe

Total time: 1:16:58

Club: Helaba BSG Triathlon

Number: 152

Course: 25.50 km

Rank in course/Total: 132 (of 336)

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

Rank in course/Men: 114 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:52	23:44	19	3:55	151	4:34	0.50	11:52	23:44	32	3:55	241	4:34
Wechsel S -> R	-	2:10	-	15	0:48	75	0:54	0.50	14:02	28:03	32	4:25	241	4:58
Schwimmen Total	0.50	14:02	28:03	32	4:25	241	4:58	0.50	14:02	28:03	32	4:25	241	4:58
Rad netto	20.00	37:55	1:53	21	5:50	139	13:26	20.50	51:57	2:32	32	7:56	241	10:29
Wechsel R -> L	-	1:12	-	21	0:42	156	0:45	20.50	53:09	2:35	32	11:58	241	11:58
Rad Total	20.00	39:07	1:57	21	6:31	139	11:08	20.50	53:09	2:35	32	11:58	241	11:58
Lauf	5.00	23:49	4:45	17	5:58	113	6:11	25.50	1:16:58	3:01	17	14:13	114	15:38