



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Fornung, Karl

Club: VFL Zwingenberg

Number: 12

Course: 25.50 km

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

Category:

Senioren 5 (TM 60)

Total time: 1:12:57

Rank in course/Total: 96 (of 336)

Rank in course/Men: 87 (of 240)

Best time in course: 1:01:20

Rank in category: 2(of 13)

Best time in the category: 1:06:15

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	10:46	21:32	5	1:20	107	3:28	0.50	10:46	21:32	5	1:20	241	3:28
Wechsel S -> R	-	2:14	-	5	0:49	83	0:58	0.50	13:00	26:00	14	1:59	241	3:56
Schwimmen Total	0.50	13:00	26:00	14	1:59	241	3:56	0.50	13:00	26:00	14	1:59	241	3:56
Rad netto	20.00	35:40	1:46	3	1:47	85	11:11	20.50	48:40	2:22	14	3:46	241	7:12
Wechsel R -> L	-	1:45	-	11	1:02	220	1:18	20.50	50:25	2:27	14	4:44	241	9:14
Rad Total	20.00	37:25	1:52	3	2:45	98	9:26	20.50	50:25	2:27	14	4:44	241	9:14
Lauf	5.00	22:32	4:30	3	3:50	77	4:54	25.50	1:12:57	2:51	2	6:42	87	11:37