



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Fabian, Ralf

Total time: 1:03:43

Club: SSG Bensheim

Number: 228

Course: 25.50 km

Rank in course/Total: 12 (of 336)

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

Rank in course/Men: 12 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 1(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.	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	8:09	16:18	1	-	6	0:51	0.50	8:09	16:18	1	-	241	0:51
Wechsel S -> R	-	1:33	-	1	-	7	0:17	0.50	9:42	19:23	1	-	4	0:38
Schwimmen Total	0.50	9:42	19:23	1	-	4	0:38	0.50	9:42	19:23	1	-	4	0:38
Rad netto	20.00	33:00	1:38	1	-	16	8:31	20.50	42:42	2:04	1	-	241	1:14
Wechsel R -> L	-	0:51	-	12	0:16	71	0:24	20.50	43:33	2:07	1	-	6	2:22
Rad Total	20.00	33:51	1:41	1	-	18	5:52	20.50	43:33	2:07	1	-	6	2:22
Lauf	5.00	20:10	4:01	2	0:46	22	2:32	25.50	1:03:43	2:29	1	-	12	2:23