



# 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       |