



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Thomas, Manuel

Total time: 1:10:05

Club: TSV Amicitia Viernheim

Number: 199

Course: 25.50 km

Rank in course/Total: 60 (of 336)

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

Rank in course/Men: 55 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 9(of 16)

männliche AK 2 (TM 25)

Best time in the category: 1:01:54

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	10:02	20:03	13	2:44	69	2:44	0.50	10:02	20:03	17	2:44	241	2:44
Wechsel S -> R	-	1:46	-	5	0:25	32	0:30	0.50	11:48	23:36	17	2:26	55	2:44
Schwimmen Total	0.50	11:48	23:36	17	2:26	55	2:44	0.50	11:48	23:36	17	2:26	55	2:44
Rad netto	20.00	36:36	1:49	11	4:53	106	12:07	20.50	48:24	2:21	17	6:56	241	6:56
Wechsel R -> L	-	0:40	-	5	0:09	28	0:13	20.50	49:04	2:23	17	6:37	79	7:53
Rad Total	20.00	37:16	1:51	11	4:39	95	9:17	20.50	49:04	2:23	17	6:37	79	7:53
Lauf	5.00	21:01	4:12	7	3:23	47	3:23	25.50	1:10:05	2:44	9	8:11	55	8:45