



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Alig, Jochen

Total time: 1:17:23

Number: 214

Course: 25.50 km

Rank in course/Total: 142 (of 336)

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

Rank in course/Men: 121 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 18(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:02:39

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 | 11:07 | 22:14 | 16 | 3:12 | 127 | 3:49 | 0.50 | 11:07 | 22:14 | 25 | 3:12 | 241 | 3:49 |
| Wechsel S -> R | - | 3:37 | - | 22 | 2:01 | 198 | 2:21 | 0.50 | 14:44 | 29:27 | 25 | 4:07 | 151 | 5:40 |
| Schwimmen Total | 0.50 | 14:44 | 29:27 | 25 | 4:07 | 151 | 5:40 | 0.50 | 14:44 | 29:27 | 25 | 4:07 | 151 | 5:40 |
| Rad netto | 20.00 | 39:12 | 1:57 | 21 | 14:43 | 167 | 14:43 | 20.50 | 53:56 | 2:37 | 25 | 10:09 | 241 | 12:28 |
| Wechsel R -> L | - | 0:34 | - | 1 | - | 9 | 0:07 | 20.50 | 54:30 | 2:39 | 25 | 10:06 | 146 | 13:19 |
| Rad Total | 20.00 | 39:46 | 1:59 | 20 | 11:47 | 156 | 11:47 | 20.50 | 54:30 | 2:39 | 25 | 10:06 | 146 | 13:19 |
| Lauf | 5.00 | 22:53 | 4:34 | 13 | 4:38 | 89 | 5:15 | 25.50 | 1:17:23 | 3:02 | 18 | 14:44 | 121 | 16:03 |