



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Stanislaus, Alexander

Total time: 1:28:01

Club: ESV Ludwigshafen

Number: 239

Course: 25.50 km

Rank in course/Total: 268 (of 336)

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

Rank in course/Men: 203 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 33(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

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	11:25	22:49	22	3:51	135	4:07	0.50	11:25	22:49	22	3:51	241	4:07
Wechsel S -> R	-	4:30	-	37	3:00	228	3:14	0.50	15:55	31:49	28	6:51	179	6:51
Schwimmen Total	0.50	15:55	31:49	28	6:51	179	6:51	0.50	15:55	31:49	28	6:51	179	6:51
Rad netto	20.00	41:48	2:05	34	10:32	205	17:19	20.50	57:43	2:48	40	15:44	241	16:15
Wechsel R -> L	-	2:06	-	38	1:39	231	1:39	20.50	59:49	2:55	33	17:04	208	18:38
Rad Total	20.00	43:54	2:11	35	11:46	214	15:55	20.50	59:49	2:55	33	17:04	208	18:38
Lauf	5.00	28:12	5:38	31	9:20	199	10:34	25.50	1:28:01	3:27	33	24:35	203	26:41