



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Spring, Ralf

Total time: 1:09:17

Club: Waldläufer Hochstadt

Number: 275

Course: 25.50 km

Rank in course/Total: 50 (of 336)

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

Rank in course/Men: 48 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 8(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	8:43	17:26	2	0:34	14	1:25	0.50	8:43	17:26	43	0:34	15	1:25	
Wechsel S -> R	-	2:26	-	21	0:53	110	1:10	0.50	11:09	22:18	43	1:27	241	2:05	
Schwimmen Total	0.50	11:09	22:18	43	1:27	241	2:05	0.50	11:09	22:18	43	1:27	241	2:05	
Rad netto	20.00	33:44	1:41	3	0:44	29	9:15	20.50	44:53	2:11	43	2:11	241	3:25	
Wechsel R -> L	-	1:15	-	31	0:40	165	0:48	20.50	46:08	2:15	43	2:35	241	4:57	
Rad Total	20.00	34:59	1:44	7	1:08	43	7:00	20.50	46:08	2:15	43	2:35	241	4:57	
Lauf	5.00	23:09	4:37	16	3:45	94	5:31	25.50	1:09:17	2:43	8	5:34	48	7:57	