



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Elfu, Rimm

Total time: 1:29:57

Number: 213

Course: 25.50 km

Rank in course/Total: 282 (of 336)

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

Rank in course/Men: 212 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 23(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:02:39

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	15:40	31:19	23	7:45	230	8:22	0.50	15:40	31:19	25	7:45	241	8:22
Wechsel S -> R	-	4:53	-	23	3:17	232	3:37	0.50	20:33	41:06	25	9:56	233	11:29
Schwimmen Total	0.50	20:33	41:06	25	9:56	233	11:29	0.50	20:33	41:06	25	9:56	233	11:29
Rad netto	20.00	46:01	2:18	24	21:32	231	21:32	20.50	1:06:34	3:14	25	22:47	241	25:06
Wechsel R -> L	-	1:21	-	20	0:47	174	0:54	20.50	1:07:55	3:18	25	23:31	233	26:44
Rad Total	20.00	47:22	2:22	24	19:23	230	19:23	20.50	1:07:55	3:18	25	23:31	233	26:44
Lauf	5.00	22:02	4:24	9	3:47	65	4:24	25.50	1:29:57	3:31	23	27:18	212	28:37