



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Glanzner, Stephan

Total time: 1:10:05

Club: ASV Lorsch Einhausen

Number: 244

Course: 25.50 km

Rank in course/Total: 61 (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: 11(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.	Stage score		Total			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	8:45	17:30	2	1:11	16	1:27	0.50	8:45	17:30	40	1:11	241	1:27
Wechsel S -> R	-	2:31	-	20	1:01	124	1:15	0.50	11:16	22:32	40	2:12	241	2:12
Schwimmen Total	0.50	11:16	22:32	40	2:12	241	2:12	0.50	11:16	22:32	40	2:12	241	2:12
Rad netto	20.00	34:44	1:44	11	3:28	61	10:15	20.50	46:00	2:14	40	4:01	241	4:32
Wechsel R -> L	-	0:51	-	7	0:24	71	0:24	20.50	46:51	2:17	40	4:06	241	5:40
Rad Total	20.00	35:35	1:46	10	3:27	55	7:36	20.50	46:51	2:17	40	4:06	241	5:40
Lauf	5.00	23:14	4:38	19	4:22	98	5:36	25.50	1:10:05	2:44	11	6:39	55	8:45