



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Gießke, Jürgen

Total time: 1:30:45

Number: 220

Course: 25.50 km

Rank in course/Total: 291 (of 336)

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

Rank in course/Men: 218 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 12(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:06:15

### 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	15:30	31:00	12	6:04	226	8:12	0.50	15:30	31:00	14	6:04	241	8:12
Wechsel S -> R	-	4:13	-	12	2:48	224	2:57	0.50	19:43	39:25	14	8:42	229	10:39
Schwimmen Total	0.50	19:43	39:25	14	8:42	229	10:39	0.50	19:43	39:25	14	8:42	229	10:39
Rad netto	20.00	39:41	1:59	10	5:48	173	15:12	20.50	59:24	2:53	14	14:30	241	17:56
Wechsel R -> L	-	1:36	-	9	0:53	207	1:09	20.50	1:01:00	2:58	14	15:19	212	19:49
Rad Total	20.00	41:17	2:03	10	6:37	179	13:18	20.50	1:01:00	2:58	14	15:19	212	19:49
Lauf	5.00	29:45	5:57	11	11:03	211	12:07	25.50	1:30:45	3:33	12	24:30	218	29:25