



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Reinold, Udo

Total time: 1:18:01

Number: 11

Course: 25.50 km

Rank in course/Total: 153 (of 336)

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

Rank in course/Men: 133 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 23(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

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	11:49	23:37	25	4:15	149	4:31	0.50	11:49	23:37	40	4:15	241	4:31
Wechsel S -> R	-	2:25	-	17	0:55	107	1:09	0.50	14:14	28:27	40	5:10	141	5:10
Schwimmen Total	0.50	14:14	28:27	40	5:10	141	5:10	0.50	14:14	28:27	40	5:10	141	5:10
Rad netto	20.00	36:36	1:49	20	5:20	106	12:07	20.50	50:50	2:28	22	8:51	241	9:22
Wechsel R -> L	-	1:00	-	13	0:33	104	0:33	20.50	51:50	2:31	40	9:05	241	10:39
Rad Total	20.00	37:36	1:52	19	5:28	102	9:37	20.50	51:50	2:31	40	9:05	241	10:39
Lauf	5.00	26:11	5:14	28	7:19	171	8:33	25.50	1:18:01	3:03	23	14:35	133	16:41