



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Michalik, Axel

Total time: 1:32:33

Club: SC Friedberg

Number: 230

Course: 25.50 km

Rank in course/Total: 299 (of 336)

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

Rank in course/Men: 223 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 1(of 1)

Senioren 8 (TM 75)

Best time in the category: 1:32:33

Intermediate times						Stage score				Total ranking					
Control	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	15:06	30:11	1	-	222	7:48	0.50	15:06	30:11	1	-	241	7:48	
Wechsel S -> R	-	4:00	-	1	-	214	2:44	0.50	19:06	38:12	1	-	225	10:02	
Schwimmen Total	0.50	19:06	38:12	1	-	225	10:02	0.50	19:06	38:12	1	-	225	10:02	
Rad netto	20.00	42:16	2:06	1	-	211	17:47	20.50	1:01:22	2:59	1	-	241	19:54	
Wechsel R -> L	-	1:22	-	1	-	180	0:55	20.50	1:02:44	3:03	1	-	220	21:33	
Rad Total	20.00	43:38	2:10	1	-	209	15:39	20.50	1:02:44	3:03	1	-	220	21:33	
Lauf	5.00	29:49	5:57	1	-	213	12:11	25.50	1:32:33	3:37	1	-	223	31:13	