



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Seidel, Christian

Total time: 1:15:58

Number: 248

Course: 25.50 km

Rank in course/Total: 125 (of 336)

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

Rank in course/Men: 109 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:02:39

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	12:38	25:15	20	4:43	173	5:20	0.50	12:38	25:15	20	4:43	241	5:20
Wechsel S -> R	-	2:25	-	14	0:49	107	1:09	0.50	15:03	30:06	25	4:26	241	5:59
Schwimmen Total	0.50	15:03	30:06	25	4:26	241	5:59	0.50	15:03	30:06	25	4:26	241	5:59
Rad netto	20.00	36:40	1:49	16	12:11	109	12:11	20.50	51:43	2:31	25	7:56	241	10:15
Wechsel R -> L	-	1:24	-	21	0:50	184	0:57	20.50	53:07	2:35	25	8:43	241	11:56
Rad Total	20.00	38:04	1:54	18	10:05	114	10:05	20.50	53:07	2:35	25	8:43	241	11:56
Lauf	5.00	22:51	4:34	11	4:36	86	5:13	25.50	1:15:58	2:58	17	13:19	109	14:38