



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Thiede, Thorsten

Total time: 1:19:00

Club: SKC Nibelungen Lorsch

Number: 267

Course: 25.50 km

Rank in course/Total: 173 (of 336)

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

Rank in course/Men: 150 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 21(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.	Stage score		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	12:42	25:23	21	4:47	179	5:24	0.50	12:42	25:23	21	4:47	241	5:24
Wechsel S -> R	-	3:00	-	20	1:24	160	1:44	0.50	15:42	31:23	25	5:05	241	6:38
Schwimmen Total	0.50	15:42	31:23	25	5:05	241	6:38	0.50	15:42	31:23	25	5:05	241	6:38
Rad netto	20.00	38:58	1:56	20	14:29	161	14:29	20.50	54:40	2:39	25	10:53	241	13:12
Wechsel R -> L	-	1:00	-	15	0:26	104	0:33	20.50	55:40	2:42	25	11:16	241	14:29
Rad Total	20.00	39:58	1:59	21	11:59	160	11:59	20.50	55:40	2:42	25	11:16	241	14:29
Lauf	5.00	23:20	4:39	17	5:05	102	5:42	25.50	1:19:00	3:05	21	16:21	150	17:40