



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Molitor, Matthias

Total time: 1:20:04

Club: RV 03 Bürstadt

Number: 287

Course: 25.50 km

Rank in course/Total: 184 (of 336)

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

Rank in course/Men: 158 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 21(of 31)

Senioren 1 (TM 40)

Best time in the category: 1:02:45

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	9:14	18:27	5	1:17	36	1:56	0.50	9:14	18:27	32	1:17	241	1:56
Wechsel S -> R	-	2:22	-	19	1:00	101	1:06	0.50	11:36	23:11	32	1:59	241	2:32
Schwimmen Total	0.50	11:36	23:11	32	1:59	241	2:32	0.50	11:36	23:11	32	1:59	241	2:32
Rad netto	20.00	40:40	2:01	25	8:35	194	16:11	20.50	52:16	2:32	32	8:15	241	10:48
Wechsel R -> L	-	1:04	-	14	0:34	118	0:37	20.50	53:20	2:36	32	12:09	241	12:09
Rad Total	20.00	41:44	2:05	25	9:08	189	13:45	20.50	53:20	2:36	32	12:09	241	12:09
Lauf	5.00	26:44	5:20	26	8:53	183	9:06	25.50	1:20:04	3:08	21	17:19	158	18:44