



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Köhler, Thomas

Total time: 1:20:45

Number: 278

Course: 25.50 km

Rank in course/Total: 192 (of 336)

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

Rank in course/Men: 162 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 22(of 31)

Senioren 1 (TM 40)

Best time in the category: 1:02:45

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	12:13	24:26	22	4:16	159	4:55	0.50	12:13	24:26	32	4:16	161	4:55
Wechsel S -> R	-	3:00	-	24	1:38	160	1:44	0.50	15:13	30:26	32	5:36	241	6:09
Schwimmen Total	0.50	15:13	30:26	32	5:36	241	6:09	0.50	15:13	30:26	32	5:36	241	6:09
Rad netto	20.00	37:21	1:52	19	5:16	125	12:52	20.50	52:34	2:33	32	8:33	241	11:06
Wechsel R -> L	-	1:40	-	29	1:10	214	1:13	20.50	54:14	2:38	32	13:03	241	13:03
Rad Total	20.00	39:01	1:57	20	6:25	137	11:02	20.50	54:14	2:38	32	13:03	241	13:03
Lauf	5.00	26:31	5:18	24	8:40	178	8:53	25.50	1:20:45	3:09	22	18:00	162	19:25