



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Degen, Bernd

Total time: 1:07:18

Number: 320

Course: 25.50 km

Rank in course/Total: 31 (of 336)

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

Rank in course/Men: 30 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 4(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Schwimmen nett	0.50	9:05	18:10	7	1:31	29	1:47	0.50	9:05	18:10	40	1:31	29	1:47
Wechsel S -> R	-	1:58	-	8	0:28	55	0:42	0.50	11:03	22:06	40	1:59	241	1:59
Schwimmen Total	0.50	11:03	22:06	40	1:59	241	1:59	0.50	11:03	22:06	40	1:59	241	1:59
Rad netto	20.00	33:44	1:41	5	2:28	29	9:15	20.50	44:47	2:11	40	2:48	26	3:19
Wechsel R -> L	-	0:57	-	11	0:30	96	0:30	20.50	45:44	2:13	40	2:59	241	4:33
Rad Total	20.00	34:41	1:44	5	2:33	33	6:42	20.50	45:44	2:13	40	2:59	241	4:33
Lauf	5.00	21:34	4:18	13	2:42	54	3:56	25.50	1:07:18	2:38	4	3:52	30	5:58