



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Spruch, Martin

Total time: 1:31:27

Number: 272

Course: 25.50 km

Rank in course/Total: 294 (of 336)

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

Rank in course/Men: 220 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(of 20)

Senioren 4 (TM 55)

Best time in the category: 1:11:32

### 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	10:24	20:48	3	0:16	90	3:06	0.50	10:24	20:48	21	0:16	241	3:06	
Wechsel S -> R	-	3:35	-	13	1:55	196	2:19	0.50	13:59	27:57	21	1:23	241	4:55	
Schwimmen Total	0.50	13:59	27:57	21	1:23	241	4:55	0.50	13:59	27:57	21	1:23	241	4:55	
Rad netto	20.00	41:08	2:03	17	7:28	198	16:39	20.50	55:07	2:41	21	8:48	241	13:39	
Wechsel R -> L	-	1:56	-	19	1:09	228	1:29	20.50	57:03	2:46	21	9:48	241	15:52	
Rad Total	20.00	43:04	2:09	18	8:28	205	15:05	20.50	57:03	2:46	21	9:48	241	15:52	
Lauf	5.00	34:24	6:52	19	10:07	233	16:46	25.50	1:31:27	3:35	17	19:55	220	30:07	