



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Becker, Rüdiger

Total time: 1:12:07

Club: Yvo Tria Spechbach

Number: 297

Course: 25.50 km

Rank in course/Total: 85 (of 336)

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

Rank in course/Men: 77 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 15(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:03:26

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	9:43	19:26	11	2:09	55	2:25	0.50	9:43	19:26	40	2:09	55	2:25
Wechsel S -> R	-	1:59	-	10	0:29	62	0:43	0.50	11:42	23:23	40	2:38	241	2:38
Schwimmen Total	0.50	11:42	23:23	40	2:38	241	2:38	0.50	11:42	23:23	40	2:38	241	2:38
Rad netto	20.00	35:17	1:45	14	4:01	75	10:48	20.50	46:59	2:17	40	5:00	57	5:31
Wechsel R -> L	-	1:02	-	17	0:35	111	0:35	20.50	48:01	2:20	40	5:16	241	6:50
Rad Total	20.00	36:19	1:48	14	4:11	77	8:20	20.50	48:01	2:20	40	5:16	241	6:50
Lauf	5.00	24:06	4:49	22	5:14	119	6:28	25.50	1:12:07	2:49	15	8:41	77	10:47