



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Opper, Stefan

Total time: 1:18:23

Number: 30

Course: 25.50 km

Rank in course/Total: 163 (of 336)

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

Rank in course/Men: 141 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 25(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	15:15	30:30	36	7:41	224	7:57	0.50	15:15	30:30	40	7:41	241	7:57
Wechsel S -> R	-	4:36	-	38	3:06	230	3:20	0.50	19:51	39:42	40	10:47	241	10:47
Schwimmen Total	0.50	19:51	39:42	40	10:47	241	10:47	0.50	19:51	39:42	40	10:47	241	10:47
Rad netto	20.00	36:30	1:49	18	5:14	100	12:01	20.50	56:21	2:44	32	14:22	241	14:53
Wechsel R -> L	-	1:17	-	28	0:50	168	0:50	20.50	57:38	2:48	40	14:53	241	16:27
Rad Total	20.00	37:47	1:53	20	5:39	108	9:48	20.50	57:38	2:48	40	14:53	241	16:27
Lauf	5.00	20:45	4:09	8	1:53	35	3:07	25.50	1:18:23	3:04	25	14:57	141	17:03