



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Herweck, Horst

Club: SM Club Annabelle

Number: 296

Course: 25.50 km

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

Category:

Senioren 6 (TM 65)

Total time: 1:14:08

Rank in course/Total: 111 (of 336)

Rank in course/Men: 98 (of 240)

Best time in course: 1:01:20

Rank in category: 1(of 7)

Best time in the category: 1:14:08

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	12:13	24:26	2	1:13	159	4:55	0.50	12:13	24:26	8	1:13	161	4:55
Wechsel S -> R	-	2:24	-	3	0:44	105	1:08	0.50	14:37	29:14	8	1:57	241	5:33
Schwimmen Total	0.50	14:37	29:14	8	1:57	241	5:33	0.50	14:37	29:14	8	1:57	241	5:33
Rad netto	20.00	35:45	1:47	1	-	86	11:16	20.50	50:22	2:27	1	-	110	8:54
Wechsel R -> L	-	0:42	-	1	-	33	0:15	20.50	51:04	2:29	1	-	241	9:53
Rad Total	20.00	36:27	1:49	1	-	81	8:28	20.50	51:04	2:29	1	-	241	9:53
Lauf	5.00	23:04	4:36	1	-	93	5:26	25.50	1:14:08	2:54	1	-	98	12:48