



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Krietenstein, Jörg

Club: SSG Bensheim

Number: 289

Course: 25.50 km

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

Category:

Senioren 4 (TM 55)

Total time: 1:17:38

Rank in course/Total: 145 (of 336)

Rank in course/Men: 124 (of 240)

Best time in course: 1:01:20

Rank in category: 5(of 20)

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	10:37	21:14	6	0:29	101	3:19	0.50	10:37	21:14	21	0:29	102	3:19
Wechsel S -> R	-	2:33	-	7	0:53	127	1:17	0.50	13:10	26:19	21	0:34	105	4:06
Schwimmen Total	0.50	13:10	26:19	21	0:34	105	4:06	0.50	13:10	26:19	21	0:34	105	4:06
Rad netto	20.00	36:48	1:50	5	3:08	115	12:19	20.50	49:58	2:26	21	3:39	107	8:30
Wechsel R -> L	-	1:19	-	9	0:32	172	0:52	20.50	51:17	2:30	21	4:02	241	10:06
Rad Total	20.00	38:07	1:54	5	3:31	117	10:08	20.50	51:17	2:30	21	4:02	241	10:06
Lauf	5.00	26:21	5:16	7	2:04	175	8:43	25.50	1:17:38	3:02	5	6:06	124	16:18