



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Embach, Ralf

Club: RSC Ladenburg

Number: 312

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:17:59

Rank in course/Total: 151 (of 336)

Rank in course/Men: 130 (of 240)

Best time in course: 1:01:20

Rank in category: 22(of 39)

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.	Stage score		Total			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	9:06	18:11	8	1:32	30	1:48	0.50	9:06	18:11	40	1:32	30	1:48
Wechsel S -> R	-	2:37	-	21	1:07	131	1:21	0.50	11:43	23:26	40	2:39	241	2:39
Schwimmen Total	0.50	11:43	23:26	40	2:39	241	2:39	0.50	11:43	23:26	40	2:39	241	2:39
Rad netto	20.00	36:30	1:49	18	5:14	100	12:01	20.50	48:13	2:21	40	6:14	82	6:45
Wechsel R -> L	-	1:36	-	32	1:09	207	1:09	20.50	49:49	2:25	40	7:04	241	8:38
Rad Total	20.00	38:06	1:54	23	5:58	116	10:07	20.50	49:49	2:25	40	7:04	241	8:38
Lauf	5.00	28:10	5:38	30	9:18	198	10:32	25.50	1:17:59	3:03	22	14:33	130	16:39