



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Heckmann, Rainer

Total time: 1:18:15

Club: LAZ Triathlon Mosbach

Number: 316

Course: 25.50 km

Rank in course/Total: 161 (of 336)

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

Rank in course/Men: 140 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 6(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:06:15

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	12:34	25:07	8	3:08	171	5:16	0.50	12:34	25:07	14	3:08	171	5:16
Wechsel S -> R	-	3:25	-	10	2:00	191	2:09	0.50	15:59	31:57	14	4:58	241	6:55
Schwimmen Total	0.50	15:59	31:57	14	4:58	241	6:55	0.50	15:59	31:57	14	4:58	241	6:55
Rad netto	20.00	38:15	1:54	6	4:22	149	13:46	20.50	54:14	2:38	14	9:20	163	12:46
Wechsel R -> L	-	1:12	-	5	0:29	156	0:45	20.50	55:26	2:42	14	9:45	241	14:15
Rad Total	20.00	39:27	1:58	6	4:47	146	11:28	20.50	55:26	2:42	14	9:45	241	14:15
Lauf	5.00	22:49	4:33	4	4:07	85	5:11	25.50	1:18:15	3:04	6	12:00	140	16:55