



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Knop, Gregor

Total time: 1:20:52

Number: 291

Course: 25.50 km

Rank in course/Total: 193 (of 336)

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

Rank in course/Men: 163 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 23(of 31)

Senioren 1 (TM 40)

Best time in the category: 1:02:45

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	10:54	21:48	15	2:57	117	3:36	0.50	10:54	21:48	15	2:57	117	3:36
Wechsel S -> R	-	3:15	-	25	1:53	179	1:59	0.50	14:09	28:18	20	4:32	241	5:05
Schwimmen Total	0.50	14:09	28:18	20	4:32	241	5:05	0.50	14:09	28:18	20	4:32	241	5:05
Rad netto	20.00	40:51	2:02	26	8:46	196	16:22	20.50	55:00	2:40	32	10:59	180	13:32
Wechsel R -> L	-	0:46	-	8	0:16	46	0:19	20.50	55:46	2:43	32	14:35	241	14:35
Rad Total	20.00	41:37	2:04	24	9:01	186	13:38	20.50	55:46	2:43	32	14:35	241	14:35
Lauf	5.00	25:06	5:01	20	7:15	148	7:28	25.50	1:20:52	3:10	23	18:07	163	19:32