



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Rosan, Daniel

Total time: 1:21:40

Club: DLRG OV Heppenheim

Number: 305

Course: 25.50 km

Rank in course/Total: 200 (of 336)

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

Rank in course/Men: 167 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 22(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:02:39

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	11:41	23:22	18	3:46	146	4:23	0.50	11:41	23:22	25	3:46	146	4:23
Wechsel S -> R	-	2:54	-	19	1:18	154	1:38	0.50	14:35	29:10	25	3:58	241	5:31
Schwimmen Total	0.50	14:35	29:10	25	3:58	241	5:31	0.50	14:35	29:10	25	3:58	241	5:31
Rad netto	20.00	40:13	2:00	22	15:44	184	15:44	20.50	54:48	2:40	25	11:01	177	13:20
Wechsel R -> L	-	1:07	-	19	0:33	133	0:40	20.50	55:55	2:43	25	11:31	241	14:44
Rad Total	20.00	41:20	2:04	22	13:21	181	13:21	20.50	55:55	2:43	25	11:31	241	14:44
Lauf	5.00	25:45	5:09	24	7:30	164	8:07	25.50	1:21:40	3:12	22	19:01	167	20:20