



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Mönch, Sebastian

Total time: 1:25:38

Number: 322

Course: 25.50 km

Rank in course/Total: 243 (of 336)

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

Rank in course/Men: 189 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 16(of 16)

männliche AK 2 (TM 25)

Best time in the category: 1:01:54

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 | 7:18 | 14:35 | 1 | - | 1 | - | 0.50 | 7:18 | 14:35 | 1 | - | 1 | - |
| Wechsel S -> R | - | 2:38 | - | 13 | 1:17 | 134 | 1:22 | 0.50 | 9:56 | 19:52 | 2 | 0:34 | 241 | 0:52 |
| Schwimmen Total | 0.50 | 9:56 | 19:52 | 2 | 0:34 | 241 | 0:52 | 0.50 | 9:56 | 19:52 | 2 | 0:34 | 241 | 0:52 |
| Rad netto | 20.00 | 43:33 | 2:10 | 16 | 11:50 | 223 | 19:04 | 20.50 | 53:29 | 2:36 | 14 | 12:01 | 150 | 12:01 |
| Wechsel R -> L | - | 1:24 | - | 15 | 0:53 | 184 | 0:57 | 20.50 | 54:53 | 2:40 | 15 | 12:26 | 241 | 13:42 |
| Rad Total | 20.00 | 44:57 | 2:14 | 16 | 12:20 | 220 | 16:58 | 20.50 | 54:53 | 2:40 | 15 | 12:26 | 241 | 13:42 |
| Lauf | 5.00 | 30:45 | 6:09 | 16 | 13:07 | 220 | 13:07 | 25.50 | 1:25:38 | 3:21 | 16 | 23:44 | 189 | 24:18 |