



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Iwanowitsch, Markus

Total time: 1:02:45

Club: Feuerwehr Birkenau-Reisen

Number: 45

Course: 25.50 km

Rank in course/Total: 5 (of 336)

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

Rank in course/Men: 5 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 1(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:29	16:57	2	0:32	11	1:11	0.50	8:29	16:57	32	0:32	241	1:11
Wechsel S -> R	-	1:22	-	1	-	3	0:06	0.50	9:51	19:41	32	0:14	241	0:47
Schwimmen Total	0.50	9:51	19:41	32	0:14	241	0:47	0.50	9:51	19:41	32	0:14	241	0:47
Rad netto	20.00	34:18	1:42	4	2:13	47	9:49	20.50	44:09	2:09	3	0:08	241	2:41
Wechsel R -> L	-	0:45	-	6	0:15	42	0:18	20.50	44:54	2:11	32	3:43	241	3:43
Rad Total	20.00	35:03	1:45	5	2:27	45	7:04	20.50	44:54	2:11	32	3:43	241	3:43
Lauf	5.00	17:51	3:34	1	-	3	0:13	25.50	1:02:45	2:27	1	-	5	1:25