



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Bernhardt, Harald

Total time: 1:20:09

Club: TSG Maxdorf

Number: 34

Course: 25.50 km

Rank in course/Total: 185 (of 336)

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

Rank in course/Men: 159 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 7(of 20)

Senioren 4 (TM 55)

Best time in the category: 1:11:32

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	10:08	20:15	1	-	74	2:50	0.50	10:08	20:15	1	-	241	2:50
Wechsel S -> R	-	2:28	-	6	0:48	116	1:12	0.50	12:36	25:11	1	-	241	3:32
Schwimmen Total	0.50	12:36	25:11	1	-	241	3:32	0.50	12:36	25:11	1	-	241	3:32
Rad netto	20.00	40:11	2:00	13	6:31	182	15:42	20.50	52:47	2:34	21	6:28	241	11:19
Wechsel R -> L	-	1:38	-	15	0:51	211	1:11	20.50	54:25	2:39	21	7:10	241	13:14
Rad Total	20.00	41:49	2:05	16	7:13	192	13:50	20.50	54:25	2:39	21	7:10	241	13:14
Lauf	5.00	25:44	5:08	6	1:27	163	8:06	25.50	1:20:09	3:08	7	8:37	159	18:49