



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Bläß, Holger

Total time: 1:09:45

Number: 374

Course: 25.50 km

Rank in course/Total: 54 (of 336)

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

Rank in course/Men: 51 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 7(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	10:26	20:52	13	2:29	95	3:08	0.50	10:26	20:52	32	2:29	241	3:08
Wechsel S -> R	-	1:41	-	5	0:19	24	0:25	0.50	12:07	24:14	32	2:30	241	3:03
Schwimmen Total	0.50	12:07	24:14	32	2:30	241	3:03	0.50	12:07	24:14	32	2:30	241	3:03
Rad netto	20.00	34:01	1:42	3	1:56	39	9:32	20.50	46:08	2:15	32	2:07	241	4:40
Wechsel R -> L	-	0:45	-	6	0:15	42	0:18	20.50	46:53	2:17	32	5:42	241	5:42
Rad Total	20.00	34:46	1:44	3	2:10	35	6:47	20.50	46:53	2:17	32	5:42	241	5:42
Lauf	5.00	22:52	4:34	12	5:01	88	5:14	25.50	1:09:45	2:44	7	7:00	51	8:25