



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Ziege, Martin

Total time: 1:18:23

Number: 389

Course: 25.50 km

Rank in course/Total: 164 (of 336)

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

Rank in course/Men: 141 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 17(of 28)

männliche AK 3 (TM 30)

Best time in the category: 1:01:20

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	10:28	20:56	12	2:18	98	3:10	0.50	10:28	20:56	29	2:18	241	3:10
Wechsel S -> R	-	3:27	-	23	1:45	192	2:11	0.50	13:55	27:49	29	3:40	241	4:51
Schwimmen Total	0.50	13:55	27:49	29	3:40	241	4:51	0.50	13:55	27:49	29	3:40	241	4:51
Rad netto	20.00	40:09	2:00	19	9:23	181	15:40	20.50	54:04	2:38	29	11:55	241	12:36
Wechsel R -> L	-	0:38	-	3	0:01	19	0:11	20.50	54:42	2:40	29	11:56	241	13:31
Rad Total	20.00	40:47	2:02	19	9:24	171	12:48	20.50	54:42	2:40	29	11:56	241	13:31
Lauf	5.00	23:41	4:44	15	5:07	109	6:03	25.50	1:18:23	3:04	17	17:03	141	17:03