



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Greminger, Horst

Total time: 1:23:59

Number: 40

Course: 25.50 km

Rank in course/Total: 227 (of 336)

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

Rank in course/Men: 179 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 1(of 5)

Senioren 7 (TM 70)

Best time in the category: 1:23:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	12:24	24:48	2	0:44	165	5:06	0.50	12:24	24:48	2	0:44	241	5:06
Wechsel S -> R	-	2:57	-	2	0:50	156	1:41	0.50	15:21	30:41	6	0:35	241	6:17
Schwimmen Total	0.50	15:21	30:41	6	0:35	241	6:17	0.50	15:21	30:41	6	0:35	241	6:17
Rad netto	20.00	38:56	1:56	1	-	160	14:27	20.50	54:17	2:38	1	-	241	12:49
Wechsel R -> L	-	1:11	-	3	0:30	151	0:44	20.50	55:28	2:42	1	-	241	14:17
Rad Total	20.00	40:07	2:00	1	-	162	12:08	20.50	55:28	2:42	1	-	241	14:17
Lauf	5.00	28:31	5:42	2	0:26	201	10:53	25.50	1:23:59	3:17	1	-	179	22:39