



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Risto, Johann

Total time: 1:24:31

Number: 384

Course: 25.50 km

Rank in course/Total: 235 (of 336)

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

Rank in course/Men: 183 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 24(of 28)

männliche AK 3 (TM 30)

Best time in the category: 1:01:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Schwimmen nett	0.50	13:20	26:40	25	5:10	194	6:02	0.50	13:20	26:40	29	5:10	241	6:02
Wechsel S -> R	-	3:35	-	24	1:53	196	2:19	0.50	16:55	33:50	29	6:40	241	7:51
Schwimmen Total	0.50	16:55	33:50	29	6:40	241	7:51	0.50	16:55	33:50	29	6:40	241	7:51
Rad netto	20.00	39:12	1:57	16	8:26	167	14:43	20.50	56:07	2:44	29	13:58	241	14:39
Wechsel R -> L	-	0:44	-	8	0:07	38	0:17	20.50	56:51	2:46	29	14:05	241	15:40
Rad Total	20.00	39:56	1:59	16	8:33	159	11:57	20.50	56:51	2:46	29	14:05	241	15:40
Lauf	5.00	27:40	5:31	26	9:06	195	10:02	25.50	1:24:31	3:18	24	23:11	183	23:11