



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Russ, Christoph

Total time: 1:27:08

Club: GGEW

Number: 3

Course: 25.50 km

Rank in course/Total: 263 (of 336)

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

Rank in course/Men: 200 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 39(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

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	14:02	28:03	37	5:53	207	6:44	0.50	14:02	28:03	43	5:53	241	6:44
Wechsel S -> R	-	3:03	-	31	1:30	165	1:47	0.50	17:05	34:09	43	7:23	241	8:01
Schwimmen Total	0.50	17:05	34:09	43	7:23	241	8:01	0.50	17:05	34:09	43	7:23	241	8:01
Rad netto	20.00	42:13	2:06	38	9:13	210	17:44	20.50	59:18	2:53	43	16:36	241	17:50
Wechsel R -> L	-	0:47	-	8	0:12	54	0:20	20.50	1:00:05	2:55	43	16:32	241	18:54
Rad Total	20.00	43:00	2:08	38	9:09	204	15:01	20.50	1:00:05	2:55	43	16:32	241	18:54
Lauf	5.00	27:03	5:24	37	7:39	189	9:25	25.50	1:27:08	3:25	39	23:25	200	25:48