



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Kies, Thorsten

Total time: 1:09:56

Club: TTV Topspin Lorsch

Number: 17

Course: 25.50 km

Rank in course/Total: 56 (of 336)

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

Rank in course/Men: 53 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 8(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	10:58	21:56	15	2:48	118	3:40	0.50	10:58	21:56	29	2:48	241	3:40
Wechsel S -> R	-	1:58	-	5	0:16	55	0:42	0.50	12:56	25:52	29	2:41	241	3:52
Schwimmen Total	0.50	12:56	25:52	29	2:41	241	3:52	0.50	12:56	25:52	29	2:41	241	3:52
Rad netto	20.00	35:30	1:46	8	4:44	81	11:01	20.50	48:26	2:21	29	6:17	241	6:58
Wechsel R -> L	-	0:51	-	13	0:14	71	0:24	20.50	49:17	2:24	29	6:31	241	8:06
Rad Total	20.00	36:21	1:49	8	4:58	78	8:22	20.50	49:17	2:24	29	6:31	241	8:06
Lauf	5.00	20:39	4:07	7	2:05	30	3:01	25.50	1:09:56	2:44	8	8:36	53	8:36