



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Albat, Dirk

Total time: 1:07:19

Club: RV 03 Bürstadt

Number: 125

Course: 25.50 km

Rank in course/Total: 32 (of 336)

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

Rank in course/Men: 31 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:40	19:19	5	1:30	51	2:22	0.50	9:40	19:19	29	1:30	241	2:22
Wechsel S -> R	-	1:50	-	3	0:08	39	0:34	0.50	11:30	23:00	6	1:15	241	2:26
Schwimmen Total	0.50	11:30	23:00	6	1:15	241	2:26	0.50	11:30	23:00	6	1:15	241	2:26
Rad netto	20.00	34:49	1:44	6	4:03	64	10:20	20.50	46:19	2:15	29	4:10	241	4:51
Wechsel R -> L	-	0:55	-	15	0:18	89	0:28	20.50	47:14	2:18	29	4:28	241	6:03
Rad Total	20.00	35:44	1:47	6	4:21	60	7:45	20.50	47:14	2:18	29	4:28	241	6:03
Lauf	5.00	20:05	4:00	5	1:31	21	2:27	25.50	1:07:19	2:38	5	5:59	31	5:59