



13. Lorsch Triathlon

Lorsch / 14.08.2016

Detailed evaluation

Adrian, Thomas

Total time: 1:07:46

Club: TV Lampertheim Triathlon

Number: 123

Course: 25.50 km

Rank in course/Total: 37 (of 336)

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

Rank in course/Men: 36 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 3(of 42)

Senioren 3 (TM 50)

Best time in the category: 1:03:43

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	9:20	18:40	5	1:11	37	2:02	0.50	9:20	18:40	43	1:11	241	2:02
Wechsel S -> R	-	1:40	-	3	0:07	12	0:24	0.50	11:00	22:00	43	1:18	241	1:56
Schwimmen Total	0.50	11:00	22:00	43	1:18	241	1:56	0.50	11:00	22:00	43	1:18	241	1:56
Rad netto	20.00	34:10	1:42	8	1:10	44	9:41	20.50	45:10	2:12	43	2:28	241	3:42
Wechsel R -> L	-	0:49	-	9	0:14	64	0:22	20.50	45:59	2:14	43	2:26	241	4:48
Rad Total	20.00	34:59	1:44	8	1:08	42	7:00	20.50	45:59	2:14	43	2:26	241	4:48
Lauf	5.00	21:47	4:21	6	2:23	58	4:09	25.50	1:07:46	2:39	3	4:03	36	6:26