



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Ordelt, Heiko

Total time: 1:18:16

Number: 155

Course: 25.50 km

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

Rank in course/Total: 173 (of 353)

Rank in course/Men: 150 (of 269)

Best time in course: 57:23

Category:

männliche AK 4 (TM 35)

Rank in category: 17(of 27)

Best time in the category: 59:10

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	11:22	22:44	15	3:41	153	4:23	0.50	11:22	22:44	28	3:41	269	4:23
Wechsel S -> R	-	2:41	-	15	1:11	128	1:25	0.50	14:03	28:06	28	4:08	268	5:48
Schwimmen Total	0.50	14:03	28:06	28	4:08	268	5:48	0.50	14:03	28:06	28	4:08	268	5:48
Kontrolle Rad	6.00	11:50	1:58	16	2:36	150	2:36	6.50	25:53	3:58	28	6:39	268	7:10
Kontrolle Rad	8.00	14:49	1:51	18	2:28	172	3:02	14.50	40:42	2:48	28	9:07	267	9:07
Rad Ziel	6.00	11:09	1:51	20	1:54	186	2:36	20.50	51:51	2:31	28	11:01	268	11:12
Rad Net	20.00	37:48	1:53	1	28:33	1	29:15	20.50	51:51	2:31	28	11:01	268	11:12
Wechsel R -> L	-	1:13	-	19	0:31	161	0:41	20.50	53:04	2:35	28	11:04	268	11:45
Rad Total	20.00	39:01	1:57	17	7:01	168	8:36	20.50	53:04	2:35	28	11:04	268	11:45
Kontrolle Lauf	2.40	12:29	5:12	19	3:18	164	4:39	22.90	1:05:33	2:51	27	8:57	265	16:24
Lauf Ziel	2.60	12:43	4:53	17	3:14	139	4:29	25.50	1:18:16	3:04	17	19:06	150	20:53
Lauf Total	5.00	25:12	5:02	18	8:02	149	9:08	25.50	1:18:16	3:04	17	19:06	150	20:53