



16. Lorsche Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Stoof, Uwe

Club: VfL Stuttgart

Number: 156

Course: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Category:

Senioren 5 (TM 60)

Total time: 1:27:45

Rank in course/Total: 282 (of 353)

Rank in course/Men: 224 (of 269)

Best time in course: 57:23

Rank in category: 9(of 13)

Best time in the category: 1:07:28

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	9:15	18:30	1	-	40	2:16	0.50	9:15	18:30	1	-	269	2:16
Wechsel S -> R	-	3:17	-	7	1:40	204	2:01	0.50	12:32	25:03	3	1:37	268	4:17
Schwimmen Total	0.50	12:32	25:03	3	1:37	268	4:17	0.50	12:32	25:03	3	1:37	268	4:17
Kontrolle Rad	6.00	12:21	2:03	7	1:26	194	3:07	6.50	24:53	3:49	4	2:39	268	6:10
Kontrolle Rad	8.00	15:01	1:52	7	1:43	180	3:14	14.50	39:54	2:45	5	4:06	267	8:19
Rad Ziel	6.00	11:26	1:54	8	1:54	207	2:53	20.50	51:20	2:30	14	5:55	268	10:41
Rad Net	20.00	38:48	1:56	1	29:16	1	30:15	20.50	51:20	2:30	14	5:55	268	10:41
Wechsel R -> L	-	1:42	-	10	0:55	242	1:10	20.50	53:02	2:35	14	6:50	268	11:43
Rad Total	20.00	40:30	2:01	7	5:58	203	10:05	20.50	53:02	2:35	14	6:50	268	11:43
Kontrolle Lauf	2.40	16:49	7:00	12	6:07	254	8:59	22.90	1:09:51	3:03	14	12:57	265	20:42
Lauf Ziel	2.60	17:54	6:53	12	7:20	255	9:40	25.50	1:27:45	3:26	9	20:17	224	30:22
Lauf Total	5.00	34:43	6:56	12	13:27	256	18:39	25.50	1:27:45	3:26	9	20:17	224	30:22