



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Kies, Thorsten

Total time: 1:10:51

Club: TTV Topspin Lorsch

Number: 195

Course: 25.50 km

Rank in course/Total: 69 (of 353)

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

Rank in course/Men: 66 (of 269)

Best time in course: 57:23

Category:

Rank in category: 8(of 27)

männliche AK 4 (TM 35)

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	11:39	23:18	17	3:58	171	4:40	0.50	11:39	23:18	17	3:58	269	4:40
Wechsel S -> R	-	2:12	-	7	0:42	59	0:56	0.50	13:51	27:41	14	3:56	268	5:36
Schwimmen Total	0.50	13:51	27:41	14	3:56	268	5:36	0.50	13:51	27:41	14	3:56	268	5:36
Kontrolle Rad	6.00	11:09	1:51	6	1:55	71	1:55	6.50	25:00	3:50	28	5:46	268	6:17
Kontrolle Rad	8.00	14:13	1:46	14	1:52	125	2:26	14.50	39:13	2:42	28	7:38	267	7:38
Rad Ziel	6.00	10:22	1:43	13	1:07	115	1:49	20.50	49:35	2:25	28	8:45	268	8:56
Rad Net	20.00	35:44	1:47	1	26:29	1	27:11	20.50	49:35	2:25	28	8:45	268	8:56
Wechsel R -> L	-	1:01	-	10	0:19	108	0:29	20.50	50:36	2:28	28	8:36	268	9:17
Rad Total	20.00	36:45	1:50	11	4:45	98	6:20	20.50	50:36	2:28	28	8:36	268	9:17
Kontrolle Lauf	2.40	9:54	4:07	3	0:43	25	2:04	22.90	1:00:30	2:38	27	3:54	265	11:21
Lauf Ziel	2.60	10:21	3:58	2	0:52	22	2:07	25.50	1:10:51	2:46	8	11:41	66	13:28
Lauf Total	5.00	20:15	4:02	3	3:05	24	4:11	25.50	1:10:51	2:46	8	11:41	66	13:28