



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Keller, Stephan

Total time: 1:13:21

Club: Ludwighafener SV 07

Number: 214

Course: 25.50 km

Rank in course/Total: 95 (of 353)

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

Rank in course/Men: 90 (of 269)

Best time in course: 57:23

Category:

Rank in category: 14(of 48)

Senioren 3 (TM 50)

Best time in the category: 1:07:43

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	10:00	20:00	15	1:30	76	3:01	0.50	10:00	20:00	49	1:30	269	3:01
Wechsel S -> R	-	2:41	-	23	1:00	128	1:25	0.50	12:41	25:22	15	2:09	84	4:26
Schwimmen Total	0.50	12:41	25:22	15	2:09	84	4:26	0.50	12:41	25:22	15	2:09	84	4:26
Kontrolle Rad	6.00	11:14	1:52	14	0:36	77	2:00	6.50	23:55	3:40	15	2:39	82	5:12
Kontrolle Rad	8.00	13:45	1:43	15	0:36	78	1:58	14.50	37:40	2:35	13	3:05	267	6:05
Rad Ziel	6.00	10:11	1:41	16	0:37	93	1:38	20.50	47:51	2:20	14	3:15	268	7:12
Rad Net	20.00	35:10	1:45	1	25:36	1	26:37	20.50	47:51	2:20	14	3:15	268	7:12
Wechsel R -> L	-	1:01	-	18	0:27	108	0:29	20.50	48:52	2:23	49	3:30	268	7:33
Rad Total	20.00	36:11	1:48	15	1:49	79	5:46	20.50	48:52	2:23	49	3:30	268	7:33
Kontrolle Lauf	2.40	11:53	4:57	22	2:59	125	4:03	22.90	1:00:45	2:39	12	4:27	265	11:36
Lauf Ziel	2.60	12:36	4:50	23	3:21	131	4:22	25.50	1:13:21	2:52	14	5:38	90	15:58
Lauf Total	5.00	24:29	4:53	23	6:20	131	8:25	25.50	1:13:21	2:52	14	5:38	90	15:58