



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Basin, Stefan

Total time: 1:15:53

Club: WA - NO Worms

Number: 193

Course: 25.50 km

Rank in course/Total: 133 (of 353)

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

Rank in course/Men: 120 (of 269)

Best time in course: 57:23

Category:

Rank in category: 16(of 34)

Senioren 4 (TM 55)

Best time in the category: 1:00:22

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	13:02	26:03	28	4:55	219	6:03	0.50	13:02	26:03	34	4:55	269	6:03
Wechsel S -> R	-	2:22	-	8	0:46	78	1:06	0.50	15:24	30:48	34	5:31	268	7:09
Schwimmen Total	0.50	15:24	30:48	34	5:31	268	7:09	0.50	15:24	30:48	34	5:31	268	7:09
Kontrolle Rad	6.00	11:21	1:53	13	1:09	95	2:07	6.50	26:45	4:06	34	6:34	268	8:02
Kontrolle Rad	8.00	14:01	1:45	13	1:42	106	2:14	14.50	40:46	2:48	34	7:58	267	9:11
Rad Ziel	6.00	10:15	1:42	14	1:14	95	1:42	20.50	51:01	2:29	34	9:12	268	10:22
Rad Net	20.00	35:37	1:46	1	26:36	1	27:04	20.50	51:01	2:29	34	9:12	268	10:22
Wechsel R -> L	-	1:26	-	23	0:48	205	0:54	20.50	52:27	2:33	34	9:56	268	11:08
Rad Total	20.00	37:03	1:51	15	4:49	115	6:38	20.50	52:27	2:33	34	9:56	268	11:08
Kontrolle Lauf	2.40	11:20	4:43	9	2:32	96	3:30	22.90	1:03:47	2:47	34	12:28	265	14:38
Lauf Ziel	2.60	12:06	4:39	11	3:03	101	3:52	25.50	1:15:53	2:58	16	15:31	120	18:30
Lauf Total	5.00	23:26	4:41	11	5:35	100	7:22	25.50	1:15:53	2:58	16	15:31	120	18:30