



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Uster, Jonas

Total time: 57:23

Club: SV Nikar Heidelberg

Number: 229

Course: 25.50 km

Rank in course/Total: 1 (of 353)

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

Rank in course/Men: 1 (of 269)

Best time in course: 57:23

Category:

Rank in category: 1(of 10)

männliche AK 1 (TM 20)

Best time in the category: 57:23

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	8:07	16:14	3	1:08	7	1:08	0.50	8:07	16:14	3	1:08	7	1:08
Wechsel S -> R	-	1:24	-	2	0:08	2	0:08	0.50	9:31	19:02	2	1:16	2	1:16
Schwimmen Total	0.50	9:31	19:02	2	1:16	2	1:16	0.50	9:31	19:02	2	1:16	2	1:16
Kontrolle Rad	6.00	9:55	1:39	1	-	5	0:41	6.50	19:26	2:59	2	0:43	3	0:43
Kontrolle Rad	8.00	12:13	1:31	1	-	3	0:26	14.50	31:39	2:10	1	-	267	0:04
Rad Ziel	6.00	9:00	1:30	1	-	3	0:27	20.50	40:39	1:58	1	-	1	-
Rad Net	20.00	31:08	1:33	1	22:08	1	22:35	20.50	40:39	1:58	1	-	1	-
Wechsel R -> L	-	0:40	-	2	0:08	12	0:08	20.50	41:19	2:00	1	-	1	-
Rad Total	20.00	31:48	1:35	1	-	3	1:23	20.50	41:19	2:00	1	-	1	-
Kontrolle Lauf	2.40	7:50	3:15	1	-	1	-	22.90	49:09	2:08	1	-	1	-
Lauf Ziel	2.60	8:14	3:09	1	-	1	-	25.50	57:23	2:15	1	-	1	-
Lauf Total	5.00	16:04	3:12	1	-	1	-	25.50	57:23	2:15	1	-	1	-