



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Hennemann, Lukas

Total time: 1:07:03

Club: SSG Bensheim Triathlon

Number: 217

Course: 25.50 km

Rank in course/Total: 24 (of 353)

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

Rank in course/Men: 24 (of 269)

Best time in course: 57:23

Category:

Rank in category: 3(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	8:06	16:11	2	1:07	6	1:07	0.50	8:06	16:11	2	1:07	6	1:07
Wechsel S -> R	-	1:30	-	3	0:14	5	0:14	0.50	9:36	19:11	3	1:21	3	1:21
Schwimmen Total	0.50	9:36	19:11	3	1:21	3	1:21	0.50	9:36	19:11	3	1:21	3	1:21
Kontrolle Rad	6.00	11:05	1:50	5	1:10	63	1:51	6.50	20:41	3:10	3	1:58	9	1:58
Kontrolle Rad	8.00	13:52	1:44	4	1:39	89	2:05	14.50	34:33	2:22	3	2:54	267	2:58
Rad Ziel	6.00	10:05	1:40	4	1:05	71	1:32	20.50	44:38	2:10	3	3:59	21	3:59
Rad Net	20.00	35:02	1:45	1	26:02	1	26:29	20.50	44:38	2:10	3	3:59	21	3:59
Wechsel R -> L	-	0:41	-	3	0:09	16	0:09	20.50	45:19	2:12	3	4:00	20	4:00
Rad Total	20.00	35:43	1:47	4	3:55	63	5:18	20.50	45:19	2:12	3	4:00	20	4:00
Kontrolle Lauf	2.40	10:15	4:16	3	2:25	35	2:25	22.90	55:34	2:25	3	6:25	17	6:25
Lauf Ziel	2.60	11:29	4:24	4	3:15	67	3:15	25.50	1:07:03	2:37	3	9:40	24	9:40
Lauf Total	5.00	21:44	4:20	4	5:40	53	5:40	25.50	1:07:03	2:37	3	9:40	24	9:40