



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Bindemann, Elmar

Total time: 1:15:58

Number: 257

Course: 25.50 km

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

Rank in course/Total: 137 (of 353)

Rank in course/Men: 124 (of 269)

Best time in course: 57:23

Category:

Senioren 3 (TM 50)

Rank in category: 19(of 48)

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	12:30	25:00	33	4:00	203	5:31	0.50	12:30	25:00	49	4:00	203	5:31
Wechsel S -> R	-	2:14	-	8	0:33	62	0:58	0.50	14:44	29:27	49	4:12	172	6:29
Schwimmen Total	0.50	14:44	29:27	49	4:12	172	6:29	0.50	14:44	29:27	49	4:12	172	6:29
Kontrolle Rad	6.00	12:19	2:03	40	1:41	192	3:05	6.50	27:03	4:09	49	5:47	183	8:20
Kontrolle Rad	8.00	15:43	1:57	41	2:34	214	3:56	14.50	42:46	2:56	49	8:11	267	11:11
Rad Ziel	6.00	11:18	1:53	40	1:44	198	2:45	20.50	54:04	2:38	49	9:28	198	13:25
Rad Net	20.00	39:20	1:58	1	29:46	1	30:47	20.50	54:04	2:38	49	9:28	198	13:25
Wechsel R -> L	-	0:34	-	1	-	4	0:02	20.50	54:38	2:39	49	9:16	185	13:19
Rad Total	20.00	39:54	1:59	39	5:32	190	9:29	20.50	54:38	2:39	49	9:16	185	13:19
Kontrolle Lauf	2.40	10:23	4:19	4	1:29	40	2:33	22.90	1:05:01	2:50	48	8:43	147	15:52
Lauf Ziel	2.60	10:57	4:12	4	1:42	39	2:43	25.50	1:15:58	2:58	19	8:15	124	18:35
Lauf Total	5.00	21:20	4:15	4	3:11	43	5:16	25.50	1:15:58	2:58	19	8:15	124	18:35