



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

May, Ralf

Total time: 1:18:51

Number: 220

Course: 25.50 km

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

Rank in course/Total: 185 (of 353)

Rank in course/Men: 159 (of 269)

Best time in course: 57:23

Category:

Senioren 3 (TM 50)

Rank in category: 31(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	11:02	22:03	23	2:32	137	4:03	0.50	11:02	22:03	49	2:32	137	4:03
Wechsel S -> R	-	3:33	-	43	1:52	223	2:17	0.50	14:35	29:10	49	4:03	165	6:20
Schwimmen Total	0.50	14:35	29:10	49	4:03	165	6:20	0.50	14:35	29:10	49	4:03	165	6:20
Kontrolle Rad	6.00	13:16	2:12	42	2:38	230	4:02	6.50	27:51	4:17	49	6:35	199	9:08
Kontrolle Rad	8.00	16:35	2:04	44	3:26	234	4:48	14.50	44:26	3:03	49	9:51	267	12:51
Rad Ziel	6.00	12:07	2:01	44	2:33	235	3:34	20.50	56:33	2:45	49	11:57	215	15:54
Rad Net	20.00	41:58	2:05	1	32:24	1	33:25	20.50	56:33	2:45	49	11:57	215	15:54
Wechsel R -> L	-	0:41	-	5	0:07	16	0:09	20.50	57:14	2:47	49	11:52	211	15:55
Rad Total	20.00	42:39	2:07	42	8:17	231	12:14	20.50	57:14	2:47	49	11:52	211	15:55
Kontrolle Lauf	2.40	10:33	4:23	5	1:39	46	2:43	22.90	1:07:47	2:57	48	11:29	189	18:38
Lauf Ziel	2.60	11:04	4:15	5	1:49	46	2:50	25.50	1:18:51	3:05	31	11:08	159	21:28
Lauf Total	5.00	21:37	4:19	6	3:28	51	5:33	25.50	1:18:51	3:05	31	11:08	159	21:28