



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Czok, Christian

Total time: 1:19:42

Number: 266

Course: 25.50 km

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

Rank in course/Total: 198 (of 353)

Rank in course/Men: 170 (of 269)

Best time in course: 57:23

Category:

Rank in category: 16(of 25)

Senioren 1 (TM 40)

Best time in the category: 1:03:07

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	10:49	21:37	11	2:56	122	3:50	0.50	10:49	21:37	26	2:56	122	3:50
Wechsel S -> R	-	3:01	-	16	1:35	172	1:45	0.50	13:50	27:40	26	4:12	138	5:35
Schwimmen Total	0.50	13:50	27:40	26	4:12	138	5:35	0.50	13:50	27:40	26	4:12	138	5:35
Kontrolle Rad	6.00	11:52	1:58	14	1:28	154	2:38	6.50	25:42	3:57	26	5:40	144	6:59
Kontrolle Rad	8.00	14:43	1:50	13	1:48	161	2:56	14.50	40:25	2:47	26	7:28	267	8:50
Rad Ziel	6.00	10:20	1:43	10	0:50	106	1:47	20.50	50:45	2:28	26	8:18	139	10:06
Rad Net	20.00	36:55	1:50	1	27:25	1	28:22	20.50	50:45	2:28	26	8:18	139	10:06
Wechsel R -> L	-	1:34	-	20	0:57	226	1:02	20.50	52:19	2:33	26	8:42	142	11:00
Rad Total	20.00	38:29	1:55	14	4:30	156	8:04	20.50	52:19	2:33	26	8:42	142	11:00
Kontrolle Lauf	2.40	13:12	5:30	18	4:21	198	5:22	22.90	1:05:31	2:51	25	12:27	160	16:22
Lauf Ziel	2.60	14:11	5:27	18	4:43	202	5:57	25.50	1:19:42	3:07	16	16:35	170	22:19
Lauf Total	5.00	27:23	5:28	18	9:04	199	11:19	25.50	1:19:42	3:07	16	16:35	170	22:19