



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Alexander, Ralf

Total time: 1:26:14

Number: 268

Course: 25.50 km

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

Rank in course/Total: 268 (of 353)

Rank in course/Men: 218 (of 269)

Best time in course: 57:23

Category:

Senioren 4 (TM 55)

Rank in category: 24(of 34)

Best time in the category: 1:00:22

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	10:32	21:03	14	2:25	108	3:33	0.50	10:32	21:03	14	2:25	109	3:33
Wechsel S -> R	-	3:28	-	23	1:52	219	2:12	0.50	14:00	28:00	34	4:07	150	5:45
Schwimmen Total	0.50	14:00	28:00	34	4:07	150	5:45	0.50	14:00	28:00	34	4:07	150	5:45
Kontrolle Rad	6.00	11:32	1:55	18	1:20	120	2:18	6.50	25:32	3:55	34	5:21	139	6:49
Kontrolle Rad	8.00	14:39	1:49	20	2:20	153	2:52	14.50	40:11	2:46	34	7:23	267	8:36
Rad Ziel	6.00	10:36	1:46	17	1:35	145	2:03	20.50	50:47	2:28	34	8:58	142	10:08
Rad Net	20.00	36:47	1:50	1	27:46	1	28:14	20.50	50:47	2:28	34	8:58	142	10:08
Wechsel R -> L	-	1:53	-	29	1:15	252	1:21	20.50	52:40	2:34	34	10:09	149	11:21
Rad Total	20.00	38:40	1:55	20	6:26	160	8:15	20.50	52:40	2:34	34	10:09	149	11:21
Kontrolle Lauf	2.40	15:25	6:25	30	6:37	244	7:35	22.90	1:08:05	2:58	34	16:46	192	18:56
Lauf Ziel	2.60	18:09	6:58	31	9:06	256	9:55	25.50	1:26:14	3:22	24	25:52	218	28:51
Lauf Total	5.00	33:34	6:42	31	15:43	254	17:30	25.50	1:26:14	3:22	24	25:52	218	28:51