



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Samstag, Volker

Total time: 1:29:17

Number: 232

Course: 25.50 km

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

Rank in course/Total: 292 (of 353)

Rank in course/Men: 230 (of 269)

Best time in course: 57:23

Category:

Senioren 2 (TM 45)

Rank in category: 52(of 55)

Best time in the category: 1:03:12

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	12:54	25:48	47	4:23	216	5:55	0.50	12:54	25:48	56	4:23	217	5:55
Wechsel S -> R	-	2:54	-	32	1:17	156	1:38	0.50	15:48	31:36	56	5:12	209	7:33
Schwimmen Total	0.50	15:48	31:36	56	5:12	209	7:33	0.50	15:48	31:36	56	5:12	209	7:33
Kontrolle Rad	6.00	13:16	2:12	52	3:17	230	4:02	6.50	29:04	4:28	56	7:59	220	10:21
Kontrolle Rad	8.00	16:00	2:00	51	3:33	219	4:13	14.50	45:04	3:06	49	11:31	267	13:29
Rad Ziel	6.00	11:46	1:57	51	2:31	223	3:13	20.50	56:50	2:46	56	14:00	220	16:11
Rad Net	20.00	41:02	2:03	1	31:47	1	32:29	20.50	56:50	2:46	56	14:00	220	16:11
Wechsel R -> L	-	0:34	-	2	0:02	4	0:02	20.50	57:24	2:47	56	13:53	214	16:05
Rad Total	20.00	41:36	2:04	51	9:05	219	11:11	20.50	57:24	2:47	56	13:53	214	16:05
Kontrolle Lauf	2.40	15:44	6:33	53	6:26	248	7:54	22.90	1:13:08	3:11	52	19:47	224	23:59
Lauf Ziel	2.60	16:09	6:12	52	6:23	238	7:55	25.50	1:29:17	3:30	52	26:05	230	31:54
Lauf Total	5.00	31:53	6:22	53	12:47	245	15:49	25.50	1:29:17	3:30	52	26:05	230	31:54