



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Albrecht, Hans-Christian

Total time: 1:20:39

Club: LCO Lorsch

Number: 294

Course: 25.50 km

Rank in course/Total: 216 (of 353)

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

Rank in course/Men: 182 (of 269)

Best time in course: 57:23

Category:

Rank in category: 2(of 8)

Senioren 6 (TM 65)

Best time in the category: 1:13:24

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	11:36	23:11	3	1:05	167	4:37	0.50	11:36	23:11	9	1:05	269	4:37
Wechsel S -> R	-	2:29	-	2	0:22	101	1:13	0.50	14:05	28:10	9	1:27	268	5:50
Schwimmen Total	0.50	14:05	28:10	9	1:27	268	5:50	0.50	14:05	28:10	9	1:27	268	5:50
Kontrolle Rad	6.00	12:46	2:07	4	1:44	215	3:32	6.50	26:51	4:07	9	3:11	268	8:08
Kontrolle Rad	8.00	15:35	1:56	4	1:58	210	3:48	14.50	42:26	2:55	8	5:09	267	10:51
Rad Ziel	6.00	11:32	1:55	3	1:27	212	2:59	20.50	53:58	2:37	9	6:36	268	13:19
Rad Net	20.00	39:53	1:59	1	29:48	1	31:20	20.50	53:58	2:37	9	6:36	268	13:19
Wechsel R -> L	-	1:08	-	5	0:28	147	0:36	20.50	55:06	2:41	9	7:04	268	13:47
Rad Total	20.00	41:01	2:03	4	5:37	209	10:36	20.50	55:06	2:41	9	7:04	268	13:47
Kontrolle Lauf	2.40	12:19	5:07	1	-	150	4:29	22.90	1:07:25	2:56	9	7:03	265	18:16
Lauf Ziel	2.60	13:14	5:05	3	0:12	165	5:00	25.50	1:20:39	3:09	2	7:15	182	23:16
Lauf Total	5.00	25:33	5:06	2	0:11	160	9:29	25.50	1:20:39	3:09	2	7:15	182	23:16