



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Fabian, Ralf

Club: SSG Bensheim

Number: 374

Course: 25.50 km

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

Category:

Senioren 4 (TM 55)

Total time: 1:04:00

Rank in course/Total: 14 (of 353)

Rank in course/Men: 14 (of 269)

Best time in course: 57:23

Rank in category: 2(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	8:17	16:33	2	0:10	9	1:18	0.50	8:17	16:33	34	0:10	269	1:18
Wechsel S -> R	-	1:36	-	1	-	8	0:20	0.50	9:53	19:45	1	-	268	1:38
Schwimmen Total	0.50	9:53	19:45	1	-	268	1:38	0.50	9:53	19:45	1	-	268	1:38
Kontrolle Rad	6.00	10:18	1:43	2	0:06	12	1:04	6.50	20:11	3:06	1	-	268	1:28
Kontrolle Rad	8.00	12:53	1:36	2	0:34	15	1:06	14.50	33:04	2:16	34	0:16	7	1:29
Rad Ziel	6.00	9:29	1:34	2	0:28	17	0:56	20.50	42:33	2:04	34	0:44	268	1:54
Rad Net	20.00	32:40	1:38	1	23:39	1	24:07	20.50	42:33	2:04	34	0:44	268	1:54
Wechsel R -> L	-	0:50	-	6	0:12	61	0:18	20.50	43:23	2:06	34	0:52	268	2:04
Rad Total	20.00	33:30	1:40	2	1:16	13	3:05	20.50	43:23	2:06	34	0:52	268	2:04
Kontrolle Lauf	2.40	10:03	4:11	2	1:15	28	2:13	22.90	53:26	2:20	34	2:07	265	4:17
Lauf Ziel	2.60	10:34	4:03	3	1:31	29	2:20	25.50	1:04:00	2:30	2	3:38	14	6:37
Lauf Total	5.00	20:37	4:07	2	2:46	28	4:33	25.50	1:04:00	2:30	2	3:38	14	6:37