



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Erhard, Hans-Jürgen

Total time: 1:16:53

Club: TSG Eintracht Plankstadt

Number: 354

Course: 25.50 km

Rank in course/Total: 148 (of 353)

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

Rank in course/Men: 133 (of 269)

Best time in course: 57:23

Category:

Rank in category: 22(of 48)

Senioren 3 (TM 50)

Best time in the category: 1:07:43

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	11:56	23:52	29	3:26	182	4:57	0.50	11:56	23:52	49	3:26	269	4:57
Wechsel S -> R	-	2:24	-	13	0:43	85	1:08	0.50	14:20	28:40	49	3:48	268	6:05
Schwimmen Total	0.50	14:20	28:40	49	3:48	268	6:05	0.50	14:20	28:40	49	3:48	268	6:05
Kontrolle Rad	6.00	12:18	2:03	39	1:40	190	3:04	6.50	26:38	4:05	49	5:22	268	7:55
Kontrolle Rad	8.00	15:22	1:55	36	2:13	193	3:35	14.50	42:00	2:53	49	7:25	181	10:25
Rad Ziel	6.00	11:10	1:51	37	1:36	190	2:37	20.50	53:10	2:35	49	8:34	268	12:31
Rad Net	20.00	38:50	1:56	1	29:16	1	30:17	20.50	53:10	2:35	49	8:34	268	12:31
Wechsel R -> L	-	0:48	-	10	0:14	48	0:16	20.50	53:58	2:37	49	8:36	268	12:39
Rad Total	20.00	39:38	1:58	36	5:16	182	9:13	20.50	53:58	2:37	49	8:36	268	12:39
Kontrolle Lauf	2.40	11:13	4:40	12	2:19	88	3:23	22.90	1:05:11	2:50	48	8:53	265	16:02
Lauf Ziel	2.60	11:42	4:30	10	2:27	77	3:28	25.50	1:16:53	3:00	22	9:10	133	19:30
Lauf Total	5.00	22:55	4:35	10	4:46	83	6:51	25.50	1:16:53	3:00	22	9:10	133	19:30