



16. Lorsche Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Krüger, Dr. Christian

Club: VDV

Number: 359

Course: 25.50 km

Lorsche Triathlon 0,5-20,0-5,0

Category:

Senioren 2 (TM 45)

Total time: 1:18:47

Rank in course/Total: 183 (of 353)

Rank in course/Men: 158 (of 269)

Best time in course: 57:23

Rank in category: 37(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	11:55	23:49	39	3:24	180	4:56	0.50	11:55	23:49	56	3:24	180	4:56
Wechsel S -> R	-	3:50	-	54	2:13	236	2:34	0.50	15:45	31:30	56	5:09	268	7:30
Schwimmen Total	0.50	15:45	31:30	56	5:09	268	7:30	0.50	15:45	31:30	56	5:09	268	7:30
Kontrolle Rad	6.00	11:52	1:58	35	1:53	154	2:38	6.50	27:37	4:14	56	6:32	268	8:54
Kontrolle Rad	8.00	14:52	1:51	40	2:25	175	3:05	14.50	42:29	2:55	56	8:56	189	10:54
Rad Ziel	6.00	10:36	1:46	36	1:21	145	2:03	20.50	53:05	2:35	56	10:15	268	12:26
Rad Net	20.00	37:20	1:52	1	28:05	1	28:47	20.50	53:05	2:35	56	10:15	268	12:26
Wechsel R -> L	-	0:49	-	13	0:17	56	0:17	20.50	53:54	2:37	56	10:23	268	12:35
Rad Total	20.00	38:09	1:54	35	5:38	145	7:44	20.50	53:54	2:37	56	10:23	268	12:35
Kontrolle Lauf	2.40	12:19	5:07	31	3:01	150	4:29	22.90	1:06:13	2:53	56	12:52	265	17:04
Lauf Ziel	2.60	12:34	4:49	29	2:48	129	4:20	25.50	1:18:47	3:05	37	15:35	158	21:24
Lauf Total	5.00	24:53	4:58	31	5:47	141	8:49	25.50	1:18:47	3:05	37	15:35	158	21:24