



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Lindemann, Gregor

Total time: 1:18:56

Number: 326

Course: 25.50 km

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

Rank in course/Total: 188 (of 353)

Rank in course/Men: 163 (of 269)

Best time in course: 57:23

Category:

Senioren 2 (TM 45)

Rank in category: 39(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	11:15	22:30	29	2:44	146	4:16	0.50	11:15	22:30	56	2:44	269	4:16
Wechsel S -> R	-	3:01	-	40	1:24	172	1:45	0.50	14:16	28:32	56	3:40	268	6:01
Schwimmen Total	0.50	14:16	28:32	56	3:40	268	6:01	0.50	14:16	28:32	56	3:40	268	6:01
Kontrolle Rad	6.00	11:57	1:59	37	1:58	158	2:43	6.50	26:13	4:01	56	5:08	268	7:30
Kontrolle Rad	8.00	14:45	1:50	37	2:18	164	2:58	14.50	40:58	2:49	56	7:25	158	9:23
Rad Ziel	6.00	10:35	1:45	33	1:20	138	2:02	20.50	51:33	2:30	56	8:43	268	10:54
Rad Net	20.00	37:17	1:51	1	28:02	1	28:44	20.50	51:33	2:30	56	8:43	268	10:54
Wechsel R -> L	-	1:37	-	51	1:05	231	1:05	20.50	53:10	2:35	56	9:39	268	11:51
Rad Total	20.00	38:54	1:56	38	6:23	167	8:29	20.50	53:10	2:35	56	9:39	268	11:51
Kontrolle Lauf	2.40	12:57	5:23	45	3:39	187	5:07	22.90	1:06:07	2:53	56	12:46	265	16:58
Lauf Ziel	2.60	12:49	4:55	35	3:03	144	4:35	25.50	1:18:56	3:05	39	15:44	163	21:33
Lauf Total	5.00	25:46	5:09	38	6:40	163	9:42	25.50	1:18:56	3:05	39	15:44	163	21:33