



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Hessing, Björn

Total time: 1:20:03

Club: Regenbogenfahrer Dt. Kinderkrebsstiftung

Number: 420

Course: 25.50 km

Rank in course/Total: 205 (of 353)

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

Rank in course/Men: 174 (of 269)

Best time in course: 57:23

Category:

Rank in category: 9(of 15)

männliche AK 2 (TM 25)

Best time in the category: 1:01:50

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	8:54	17:48	3	0:24	25	1:55	0.50	8:54	17:48	16	0:24	269	1:55
Wechsel S -> R	-	1:55	-	3	0:10	30	0:39	0.50	10:49	21:37	16	0:19	268	2:34
Schwimmen Total	0.50	10:49	21:37	16	0:19	268	2:34	0.50	10:49	21:37	16	0:19	268	2:34
Kontrolle Rad	6.00	12:04	2:00	10	2:34	172	2:50	6.50	22:53	3:31	16	2:53	268	4:10
Kontrolle Rad	8.00	14:27	1:48	9	2:00	145	2:40	14.50	37:20	2:34	16	3:37	267	5:45
Rad Ziel	6.00	10:55	1:49	10	1:57	169	2:22	20.50	48:15	2:21	16	5:34	268	7:36
Rad Net	20.00	37:26	1:52	1	28:28	1	28:53	20.50	48:15	2:21	16	5:34	268	7:36
Wechsel R -> L	-	0:43	-	2	0:01	27	0:11	20.50	48:58	2:23	16	5:31	268	7:39
Rad Total	20.00	38:09	1:54	9	6:01	146	7:44	20.50	48:58	2:23	16	5:31	268	7:39
Kontrolle Lauf	2.40	14:19	5:57	13	5:19	226	6:29	22.90	1:03:17	2:45	16	10:47	265	14:08
Lauf Ziel	2.60	16:46	6:26	15	8:26	247	8:32	25.50	1:20:03	3:08	9	18:13	174	22:40
Lauf Total	5.00	31:05	6:13	14	13:45	239	15:01	25.50	1:20:03	3:08	9	18:13	174	22:40