



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Berndt, Matthias

Total time: 1:27:51

Number: 432

Course: 25.50 km

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

Rank in course/Total: 284 (of 353)

Rank in course/Men: 226 (of 269)

Best time in course: 57:23

Category:

männliche AK 4 (TM 35)

Rank in category: 25(of 27)

Best time in the category: 59:10

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	11:34	23:07	16	3:53	165	4:35	0.50	11:34	23:07	28	3:53	269	4:35
Wechsel S -> R	-	2:43	-	18	1:13	135	1:27	0.50	14:17	28:33	28	4:22	268	6:02
Schwimmen Total	0.50	14:17	28:33	28	4:22	268	6:02	0.50	14:17	28:33	28	4:22	268	6:02
Kontrolle Rad	6.00	12:44	2:07	21	3:30	211	3:30	6.50	27:01	4:09	28	7:47	268	8:18
Kontrolle Rad	8.00	16:01	2:00	22	3:40	220	4:14	14.50	43:02	2:58	28	11:27	267	11:27
Rad Ziel	6.00	11:15	1:52	21	2:00	192	2:42	20.50	54:17	2:38	28	13:27	268	13:38
Rad Net	20.00	40:00	2:00	1	30:45	1	31:27	20.50	54:17	2:38	28	13:27	268	13:38
Wechsel R -> L	-	0:42	-	1	-	22	0:10	20.50	54:59	2:40	28	12:59	268	13:40
Rad Total	20.00	40:42	2:02	21	8:42	205	10:17	20.50	54:59	2:40	28	12:59	268	13:40
Kontrolle Lauf	2.40	16:18	6:47	26	7:07	252	8:28	22.90	1:11:17	3:06	27	14:41	265	22:08
Lauf Ziel	2.60	16:34	6:22	25	7:05	244	8:20	25.50	1:27:51	3:26	25	28:41	226	30:28
Lauf Total	5.00	32:52	6:34	26	15:42	251	16:48	25.50	1:27:51	3:26	25	28:41	226	30:28