



16. Lorsch Triathlon

Lorsch / 11.08.2019

Detailed evaluation

Spring, Ralf

Total time: 1:08:49

Club: Waldläufer Hochstadt

Number: 31

Course: 25.50 km

Rank in course/Total: 45 (of 353)

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

Rank in course/Men: 44 (of 269)

Best time in course: 57:23

Category:

Rank in category: 4(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	8:30	17:00	1	-	11	1:31	0.50	8:30	17:00	1	-	269	1:31
Wechsel S -> R	-	2:12	-	7	0:31	59	0:56	0.50	10:42	21:23	49	0:10	268	2:27
Schwimmen Total	0.50	10:42	21:23	49	0:10	268	2:27	0.50	10:42	21:23	49	0:10	268	2:27
Kontrolle Rad	6.00	10:41	1:46	4	0:03	30	1:27	6.50	21:23	3:17	49	0:07	268	2:40
Kontrolle Rad	8.00	13:24	1:40	8	0:15	46	1:37	14.50	34:47	2:23	49	0:12	267	3:12
Rad Ziel	6.00	9:58	1:39	8	0:24	55	1:25	20.50	44:45	2:10	49	0:09	268	4:06
Rad Net	20.00	34:03	1:42	1	24:29	1	25:30	20.50	44:45	2:10	49	0:09	268	4:06
Wechsel R -> L	-	1:01	-	18	0:27	108	0:29	20.50	45:46	2:13	49	0:24	268	4:27
Rad Total	20.00	35:04	1:45	5	0:42	38	4:39	20.50	45:46	2:13	49	0:24	268	4:27
Kontrolle Lauf	2.40	11:13	4:40	12	2:19	88	3:23	22.90	56:59	2:29	48	0:41	265	7:50
Lauf Ziel	2.60	11:50	4:33	11	2:35	91	3:36	25.50	1:08:49	2:41	4	1:06	44	11:26
Lauf Total	5.00	23:03	4:36	12	4:54	86	6:59	25.50	1:08:49	2:41	4	1:06	44	11:26