



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ulf Steinebach

Total time: 1:15:59

Club: SC Westerburg

Number: 183

Course: 25.50 km

Rank in course/Total: 88 (of 279)

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

Rank in course/Men: 78 (of 210)

Best time in course: 59:54

Category:

Rank in category: 10(of 29)

Senioren 2 (TM 45)

Best time in the category: 1:02:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:21	22:41	13	2:26	100	3:33	0.50	11:21	22:41	30	2:26	211	3:33
Wechsel S -> R	-	2:58	-	21	1:37	115	1:37	0.50	14:19	28:37	30	3:49	211	4:32
Schwimmen Total	0.50	14:19	28:37	30	3:49	211	4:32	0.50	14:19	28:37	30	3:49	211	4:32
Rad netto	20.00	34:51	1:44	6	4:33	40	10:38	20.50	49:10	2:23	30	7:52	211	8:01
Wechsel R -> L	-	1:33	-	26	0:56	175	1:07	20.50	50:43	2:28	30	8:36	211	8:48
Rad Total	20.00	36:24	1:49	10	5:08	51	10:47	20.50	50:43	2:28	30	8:36	211	8:48
Lauf Ziel	5.00	25:16	5:03	17	4:57	114	7:17	25.50	1:15:59	2:58	10	13:33	78	16:05