



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Uwe Sommerschuh

Total time: 1:19:32

Club: Helaba BSG Tirathlon

Number: 240

Course: 25.50 km

Rank in course/Total: 126 (of 279)

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

Rank in course/Men: 111 (of 210)

Best time in course: 59:54

Category:

Rank in category: 17(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:52	23:44	16	2:57	123	4:04	0.50	11:52	23:44	16	2:57	211	4:04
Wechsel S -> R	-	2:14	-	7	0:53	37	0:53	0.50	14:06	28:11	30	3:36	97	4:19
Schwimmen Total	0.50	14:06	28:11	30	3:36	97	4:19	0.50	14:06	28:11	30	3:36	97	4:19
Rad netto	20.00	39:30	1:58	21	9:12	139	15:17	20.50	53:36	2:36	30	12:18	211	12:27
Wechsel R -> L	-	1:09	-	17	0:32	102	0:43	20.50	54:45	2:40	30	12:38	211	12:50
Rad Total	20.00	40:39	2:01	23	9:23	137	15:02	20.50	54:45	2:40	30	12:38	211	12:50
Lauf Ziel	5.00	24:47	4:57	15	4:28	101	6:48	25.50	1:19:32	3:07	17	17:06	111	19:38