



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Holger Mengesdorf

Club: TSG Wiesloch

Number: 306

Course: 25.50 km

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

Category:

Senioren 3 (TM 50)

Total time: 1:14:02

Rank in course/Total: 59 (of 279)

Rank in course/Men: 55 (of 210)

Best time in course: 59:54

Rank in category: 8(of 28)

Best time in the category: 1:03:49

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:10	20:19	5	1:37	53	2:22	0.50	10:10	20:19	29	1:37	211	2:22
Wechsel S -> R	-	2:30	-	10	0:40	66	1:09	0.50	12:40	25:19	29	1:43	211	2:53
Schwimmen Total	0.50	12:40	25:19	29	1:43	211	2:53	0.50	12:40	25:19	29	1:43	211	2:53
Rad netto	20.00	34:59	1:44	7	4:05	45	10:46	20.50	47:39	2:19	29	5:48	211	6:30
Wechsel R -> L	-	1:23	-	22	0:51	151	0:57	20.50	49:02	2:23	29	6:00	211	7:07
Rad Total	20.00	36:22	1:49	7	4:17	49	10:45	20.50	49:02	2:23	29	6:00	211	7:07
Lauf Ziel	5.00	25:00	5:00	14	5:16	104	7:01	25.50	1:14:02	2:54	8	10:13	55	14:08