



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Stefan Hennemann

Total time: 1:14:58

Club: BSG Sparkasse Darmstadt

Number: 273

Course: 25.50 km

Rank in course/Total: 75 (of 279)

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

Rank in course/Men: 68 (of 210)

Best time in course: 59:54

Category:

Rank in category: 10(of 28)

Senioren 3 (TM 50)

Best time in the category: 1:03:49

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	10:53	21:45	11	2:20	86	3:05	0.50	10:53	21:45	29	2:20	211	3:05
Wechsel S -> R	-	2:52	-	16	1:02	109	1:31	0.50	13:45	27:30	29	2:48	211	3:58
Schwimmen Total	0.50	13:45	27:30	29	2:48	211	3:58	0.50	13:45	27:30	29	2:48	211	3:58
Rad netto	20.00	35:50	1:47	8	4:56	58	11:37	20.50	49:35	2:25	29	7:44	211	8:26
Wechsel R -> L	-	1:28	-	24	0:56	166	1:02	20.50	51:03	2:29	29	8:01	211	9:08
Rad Total	20.00	37:18	1:51	10	5:13	71	11:41	20.50	51:03	2:29	29	8:01	211	9:08
Lauf Ziel	5.00	23:55	4:46	10	4:11	78	5:56	25.50	1:14:58	2:56	10	11:09	68	15:04