



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ralf Fabian

Total time: 1:05:27

Club: SSG Bensheim

Number: 262

Course: 25.50 km

Rank in course/Total: 10 (of 279)

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

Rank in course/Men: 10 (of 210)

Best time in course: 59:54

Category:

Rank in category: 1(of 37)

Senioren 4 (TM 55)

Best time in the category: 1:05:27

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	9:05	18:10	3	1:17	17	1:17	0.50	9:05	18:10	38	1:17	211	1:17
Wechsel S -> R	-	1:49	-	1	-	11	0:28	0.50	10:54	21:48	1	-	12	1:07
Schwimmen Total	0.50	10:54	21:48	1	-	12	1:07	0.50	10:54	21:48	1	-	12	1:07
Rad netto	20.00	33:07	1:39	2	0:12	14	8:54	20.50	44:01	2:08	1	-	211	2:52
Wechsel R -> L	-	0:48	-	4	0:11	36	0:22	20.50	44:49	2:11	1	-	211	2:54
Rad Total	20.00	33:55	1:41	1	-	12	8:18	20.50	44:49	2:11	1	-	211	2:54
Lauf Ziel	5.00	20:38	4:07	2	0:23	19	2:39	25.50	1:05:27	2:34	1	-	10	5:33