



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Heiko Beck

Total time: 1:08:11

Club: dwpbank-kette rechts!

Number: 199

Course: 25.50 km

Rank in course/Total: 23 (of 279)

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

Rank in course/Men: 22 (of 210)

Best time in course: 59:54

Category:

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:32	21:03	12	2:44	69	2:44	0.50	10:32	21:03	38	2:44	211	2:44
Wechsel S -> R	-	2:34	-	12	0:45	69	1:13	0.50	13:06	26:11	38	2:12	211	3:19
Schwimmen Total	0.50	13:06	26:11	38	2:12	211	3:19	0.50	13:06	26:11	38	2:12	211	3:19
Rad netto	20.00	32:55	1:38	1	-	13	8:42	20.50	46:01	2:14	38	2:00	211	4:52
Wechsel R -> L	-	1:20	-	21	0:43	140	0:54	20.50	47:21	2:18	38	2:32	211	5:26
Rad Total	20.00	34:15	1:42	2	0:20	14	8:38	20.50	47:21	2:18	38	2:32	211	5:26
Lauf Ziel	5.00	20:50	4:09	3	0:35	23	2:51	25.50	1:08:11	2:40	5	2:44	22	8:17