



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Rafael Zarza

Total time: 1:13:10

Number: 232

Course: 25.50 km

Rank in course/Total: 54 (of 279)

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

Rank in course/Men: 50 (of 210)

Best time in course: 59:54

Category:

Rank in category: 7(of 37)

Senioren 4 (TM 55)

Best time in the category: 1:05:27

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	11:23	22:45	16	3:35	104	3:35	0.50	11:23	22:45	38	3:35	211	3:35
Wechsel S -> R	-	2:08	-	4	0:19	28	0:47	0.50	13:31	27:02	12	2:37	78	3:44
Schwimmen Total	0.50	13:31	27:02	12	2:37	78	3:44	0.50	13:31	27:02	12	2:37	78	3:44
Rad netto	20.00	34:29	1:43	4	1:34	31	10:16	20.50	48:00	2:20	7	3:59	211	6:51
Wechsel R -> L	-	2:28	-	36	1:51	208	2:02	20.50	50:28	2:27	9	5:39	211	8:33
Rad Total	20.00	36:57	1:50	10	3:02	63	11:20	20.50	50:28	2:27	9	5:39	211	8:33
Lauf Ziel	5.00	22:42	4:32	9	2:27	58	4:43	25.50	1:13:10	2:52	7	7:43	50	13:16