



# 17. Lorsch Triathlon

Lorsch / 21.08.2022

## Detailed evaluation

Elmar Bindemann

Total time: 1:14:44

Number: 120

Course: 25.50 km

Rank in course/Total: 72 (of 279)

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

Rank in course/Men: 66 (of 210)

Best time in course: 59:54

Category:

Rank in category: 11(of 37)

Senioren 4 (TM 55)

Best time in the category: 1:05:27

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen nett	0.50	12:45	25:30	25	4:57	154	4:57	0.50	12:45	25:30	38	4:57	211	4:57
Wechsel S -> R	-	2:23	-	8	0:34	51	1:02	0.50	15:08	30:15	38	4:14	211	5:21
Schwimmen Total	0.50	15:08	30:15	38	4:14	211	5:21	0.50	15:08	30:15	38	4:14	211	5:21
Rad netto	20.00	36:19	1:48	15	3:24	75	12:06	20.50	51:27	2:30	38	7:26	89	10:18
Wechsel R -> L	-	0:39	-	2	0:02	16	0:13	20.50	52:06	2:32	38	7:17	83	10:11
Rad Total	20.00	36:58	1:50	11	3:03	64	11:21	20.50	52:06	2:32	38	7:17	83	10:11
Lauf Ziel	5.00	22:38	4:31	8	2:23	55	4:39	25.50	1:14:44	2:55	11	9:17	66	14:50