



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Michael Henter

Total time: 1:22:58

Club: LCI Speyer

Number: 43

Course: 25.50 km

Rank in course/Total: 164 (of 279)

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

Rank in course/Men: 138 (of 210)

Best time in course: 59:54

Category:

Rank in category: 23(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:50	25:40	26	5:02	157	5:02	0.50	12:50	25:40	26	5:02	157	5:02
Wechsel S -> R	-	3:24	-	27	1:35	148	2:03	0.50	16:14	32:28	38	5:20	211	6:27
Schwimmen Total	0.50	16:14	32:28	38	5:20	211	6:27	0.50	16:14	32:28	38	5:20	211	6:27
Rad netto	20.00	38:40	1:55	22	5:45	122	14:27	20.50	54:54	2:40	38	10:53	211	13:45
Wechsel R -> L	-	0:47	-	3	0:10	34	0:21	20.50	55:41	2:42	38	10:52	211	13:46
Rad Total	20.00	39:27	1:58	20	5:32	108	13:50	20.50	55:41	2:42	38	10:52	211	13:46
Lauf Ziel	5.00	27:17	5:27	23	7:02	142	9:18	25.50	1:22:58	3:15	23	17:31	138	23:04