



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ralf Rohde

Total time: 1:27:29

Club: Kath. Kirchenmusikverein Lampertheim

Number: 210

Course: 25.50 km

Rank in course/Total: 204 (of 279)

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

Rank in course/Men: 163 (of 210)

Best time in course: 59:54

Category:

Rank in category: 28(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 | 10:34 | 21:07 | 13 | 2:46 | 70 | 2:46 | 0.50 | 10:34 | 21:07 | 38 | 2:46 | 211 | 2:46 |
| Wechsel S -> R | - | 3:59 | - | 34 | 2:10 | 179 | 2:38 | 0.50 | 14:33 | 29:06 | 38 | 3:39 | 211 | 4:46 |
| Schwimmen Total | 0.50 | 14:33 | 29:06 | 38 | 3:39 | 211 | 4:46 | 0.50 | 14:33 | 29:06 | 38 | 3:39 | 211 | 4:46 |
| Rad netto | 20.00 | 40:15 | 2:00 | 26 | 7:20 | 153 | 16:02 | 20.50 | 54:48 | 2:40 | 38 | 10:47 | 211 | 13:39 |
| Wechsel R -> L | - | 2:31 | - | 37 | 1:54 | 209 | 2:05 | 20.50 | 57:19 | 2:47 | 38 | 12:30 | 211 | 15:24 |
| Rad Total | 20.00 | 42:46 | 2:08 | 28 | 8:51 | 174 | 17:09 | 20.50 | 57:19 | 2:47 | 38 | 12:30 | 211 | 15:24 |
| Lauf Ziel | 5.00 | 30:10 | 6:01 | 29 | 9:55 | 175 | 12:11 | 25.50 | 1:27:29 | 3:25 | 28 | 22:02 | 163 | 27:35 |