



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Holger Heck

Total time: 1:15:28

Number: 247

Course: 25.50 km

Rank in course/Total: 83 (of 279)

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

Rank in course/Men: 73 (of 210)

Best time in course: 59:54

Category:

Rank in category: 6(of 17)

männliche AK 2 (TM 25)

Best time in the category: 1:05:17

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	12:42	25:23	13	4:25	150	4:54	0.50	12:42	25:23	13	4:25	211	4:54	
Wechsel S -> R	-	3:03	-	8	1:33	121	1:42	0.50	15:45	31:30	14	5:58	143	5:58	
Schwimmen Total	0.50	15:45	31:30	14	5:58	143	5:58	0.50	15:45	31:30	14	5:58	143	5:58	
Rad netto	20.00	36:10	1:48	5	4:12	72	11:57	20.50	51:55	2:31	7	7:03	211	10:46	
Wechsel R -> L	-	0:42	-	6	0:11	22	0:16	20.50	52:37	2:34	6	7:05	211	10:42	
Rad Total	20.00	36:52	1:50	5	3:48	61	11:15	20.50	52:37	2:34	6	7:05	211	10:42	
Lauf Ziel	5.00	22:51	4:34	7	3:06	60	4:52	25.50	1:15:28	2:57	6	10:11	73	15:34	