



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Rolf Jäger

Total time: 1:40:09

Number: 156

Course: 25.50 km

Rank in course/Total: 265 (of 279)

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

Rank in course/Men: 203 (of 210)

Best time in course: 59:54

Category:

Rank in category: 35(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	15:09	30:18	35	7:21	199	7:21	0.50	15:09	30:18	38	7:21	211	7:21
Wechsel S -> R	-	3:24	-	27	1:35	148	2:03	0.50	18:33	37:06	38	7:39	211	8:46
Schwimmen Total	0.50	18:33	37:06	38	7:39	211	8:46	0.50	18:33	37:06	38	7:39	211	8:46
Rad netto	20.00	45:06	2:15	34	12:11	199	20:53	20.50	1:03:39	3:06	38	19:38	199	22:30
Wechsel R -> L	-	1:15	-	20	0:38	129	0:49	20.50	1:04:54	3:09	38	20:05	197	22:59
Rad Total	20.00	46:21	2:19	34	12:26	198	20:44	20.50	1:04:54	3:09	38	20:05	197	22:59
Lauf Ziel	5.00	35:15	7:02	34	15:00	200	17:16	25.50	1:40:09	3:55	35	34:42	203	40:15