



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Roland Sawinski

Total time: 1:11:52

Club: LSV Ladenburg

Number: 313

Course: 25.50 km

Rank in course/Total: 44 (of 279)

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

Rank in course/Men: 42 (of 210)

Best time in course: 59:54

Category:

Rank in category: 1(of 12)

Senioren 5 (TM 60)

Best time in the category: 1:11:52

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	10:22	20:44	2	0:37	63	2:34	0.50	10:22	20:44	13	0:37	211	2:34
Wechsel S -> R	-	1:56	-	1	-	18	0:35	0.50	12:18	24:36	1	-	211	2:31
Schwimmen Total	0.50	12:18	24:36	1	-	211	2:31	0.50	12:18	24:36	1	-	211	2:31
Rad netto	20.00	34:50	1:44	3	10:37	39	10:37	20.50	47:08	2:17	13	5:56	211	5:59
Wechsel R -> L	-	0:46	-	2	0:11	27	0:20	20.50	47:54	2:20	13	5:18	211	5:59
Rad Total	20.00	35:36	1:46	3	9:59	31	9:59	20.50	47:54	2:20	13	5:18	211	5:59
Lauf Ziel	5.00	23:58	4:47	2	0:38	81	5:59	25.50	1:11:52	2:49	1	-	42	11:58