



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Jörg Krietenstein

Total time: 1:21:37

Club: SSG Bensheim Triathlon

Number: 265

Course: 25.50 km

Rank in course/Total: 152 (of 279)

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

Rank in course/Men: 131 (of 210)

Best time in course: 59:54

Category:

Rank in category: 4(of 12)

Senioren 5 (TM 60)

Best time in the category: 1:11:52

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	11:01	22:02	4	1:16	89	3:13	0.50	11:01	22:02	4	1:16	211	3:13
Wechsel S -> R	-	2:47	-	4	0:51	100	1:26	0.50	13:48	27:36	13	1:30	91	4:01
Schwimmen Total	0.50	13:48	27:36	13	1:30	91	4:01	0.50	13:48	27:36	13	1:30	91	4:01
Rad netto	20.00	37:08	1:51	6	12:55	88	12:55	20.50	50:56	2:29	5	9:44	211	9:47
Wechsel R -> L	-	1:29	-	10	0:54	168	1:03	20.50	52:25	2:33	5	9:49	211	10:30
Rad Total	20.00	38:37	1:55	6	13:00	91	13:00	20.50	52:25	2:33	5	9:49	211	10:30
Lauf Ziel	5.00	29:12	5:50	6	5:52	164	11:13	25.50	1:21:37	3:12	4	9:45	131	21:43