



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Ruben Wiedemann

Total time: 1:05:25

Club: RV 03 Bürstadt

Number: 252

Course: 25.50 km

Rank in course/Total: 9 (of 279)

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

Rank in course/Men: 9 (of 210)

Best time in course: 59:54

Category:

Rank in category: 2(of 12)

männliche AK 1 (TM 20)

Best time in the category: 1:05:03

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	8:39	17:18	2	0:05	9	0:51	0.50	8:39	17:18	13	0:05	211	0:51
Wechsel S -> R	-	1:29	-	1	-	4	0:08	0.50	10:08	20:15	1	-	2	0:21
Schwimmen Total	0.50	10:08	20:15	1	-	2	0:21	0.50	10:08	20:15	1	-	2	0:21
Rad netto	20.00	33:54	1:41	3	1:08	23	9:41	20.50	44:02	2:08	13	0:59	211	2:53
Wechsel R -> L	-	0:48	-	5	0:11	36	0:22	20.50	44:50	2:11	13	1:01	211	2:55
Rad Total	20.00	34:42	1:44	2	1:10	19	9:05	20.50	44:50	2:11	13	1:01	211	2:55
Lauf Ziel	5.00	20:35	4:06	3	1:05	18	2:36	25.50	1:05:25	2:33	2	0:22	9	5:31