



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Sigurd Haarstark

Total time: 1:56:15

Club: RLT Rodgau

Number: 226

Course: 25.50 km

Rank in course/Total: 277 (of 279)

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

Rank in course/Men: 208 (of 210)

Best time in course: 59:54

Category:

Rank in category: 10(of 10)

Senioren 6 (TM 65)

Best time in the category: 1:10:34

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	17:20	34:39	9	7:34	207	9:32	0.50	17:20	34:39	11	7:34	211	9:32
Wechsel S -> R	-	4:42	-	9	3:00	199	3:21	0.50	22:02	44:04	11	10:27	209	12:15
Schwimmen Total	0.50	22:02	44:04	11	10:27	209	12:15	0.50	22:02	44:04	11	10:27	209	12:15
Rad netto	20.00	51:24	2:34	10	16:31	209	27:11	20.50	1:13:26	3:34	11	26:58	211	32:17
Wechsel R -> L	-	0:57	-	2	0:06	69	0:31	20.50	1:14:23	3:37	11	27:04	211	32:28
Rad Total	20.00	52:21	2:37	10	16:37	209	26:44	20.50	1:14:23	3:37	11	27:04	211	32:28
Lauf Ziel	5.00	41:52	8:22	10	18:37	209	23:53	25.50	1:56:15	4:33	10	45:41	208	56:21