



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Karl Heinz Karb

Total time: 1:23:36

Club: Poseidon Worms

Number: 225

Course: 25.50 km

Rank in course/Total: 172 (of 279)

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

Rank in course/Men: 143 (of 210)

Best time in course: 59:54

Category:

Rank in category: 2(of 4)

Senioren 7 (TM 70)

Best time in the category: 1:14:09

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	13:39	27:18	3	2:57	178	5:51	0.50	13:39	27:18	3	2:57	211	5:51
Wechsel S -> R	-	3:04	-	4	0:47	123	1:43	0.50	16:43	33:25	3	3:44	165	6:56
Schwimmen Total	0.50	16:43	33:25	3	3:44	165	6:56	0.50	16:43	33:25	3	3:44	165	6:56
Rad netto	20.00	37:26	1:52	2	0:51	94	13:13	20.50	54:09	2:38	2	4:35	211	13:00
Wechsel R -> L	-	1:36	-	4	0:40	181	1:10	20.50	55:45	2:43	2	5:15	211	13:50
Rad Total	20.00	39:02	1:57	2	1:31	100	13:25	20.50	55:45	2:43	2	5:15	211	13:50
Lauf Ziel	5.00	27:51	5:34	2	4:12	153	9:52	25.50	1:23:36	3:16	2	9:27	143	23:42