



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Jens Janusiewicz

Total time: 1:05:31

Club: United Runners of Pfalz

Number: 288

Course: 25.50 km

Rank in course/Total: 11 (of 279)

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

Rank in course/Men: 11 (of 210)

Best time in course: 59:54

Category:

Rank in category: 3(of 17)

männliche AK 3 (TM 30)

Best time in the category: 59:54

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	9:46	19:32	4	0:51	35	1:58	0.50	9:46	19:32	18	0:51	211	1:58
Wechsel S -> R	-	2:35	-	5	1:07	71	1:14	0.50	12:21	24:41	18	1:56	37	2:34
Schwimmen Total	0.50	12:21	24:41	18	1:56	37	2:34	0.50	12:21	24:41	18	1:56	37	2:34
Rad netto	20.00	33:14	1:39	3	2:30	15	9:01	20.50	45:35	2:13	18	4:26	211	4:26
Wechsel R -> L	-	1:12	-	11	0:42	117	0:46	20.50	46:47	2:16	18	4:52	211	4:52
Rad Total	20.00	34:26	1:43	3	2:56	18	8:49	20.50	46:47	2:16	18	4:52	211	4:52
Lauf Ziel	5.00	18:44	3:44	3	0:45	3	0:45	25.50	1:05:31	2:34	3	5:37	11	5:37