



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Marco Seip

Club: TV Bürstadt

Number: 287

Course: 25.50 km

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

Category:

männliche AK 3 (TM 30)

Total time: 1:18:51

Rank in course/Total: 117 (of 279)

Rank in course/Men: 103 (of 210)

Best time in course: 59:54

Rank in category: 9(of 17)

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	10:02	20:03	6	1:07	45	2:14	0.50	10:02	20:03	18	1:07	45	2:14
Wechsel S -> R	-	2:46	-	7	1:18	97	1:25	0.50	12:48	25:36	18	2:23	211	3:01
Schwimmen Total	0.50	12:48	25:36	18	2:23	211	3:01	0.50	12:48	25:36	18	2:23	211	3:01
Rad netto	20.00	38:11	1:54	8	7:27	110	13:58	20.50	50:59	2:29	18	9:50	211	9:50
Wechsel R -> L	-	1:40	-	16	1:10	187	1:14	20.50	52:39	2:34	18	10:44	211	10:44
Rad Total	20.00	39:51	1:59	9	8:21	120	14:14	20.50	52:39	2:34	18	10:44	211	10:44
Lauf Ziel	5.00	26:12	5:14	14	8:13	131	8:13	25.50	1:18:51	3:05	9	18:57	103	18:57