



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Adam Kaffenberger

Total time: 1:05:07

Number: 286

Course: 25.50 km

Rank in course/Total: 7 (of 279)

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

Rank in course/Men: 7 (of 210)

Best time in course: 59:54

Category:

Rank in category: 2(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:03:42

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	9:49	19:37	6	1:44	39	2:01	0.50	9:49	19:37	25	1:44	211	2:01
Wechsel S -> R	-	2:27	-	11	0:44	59	1:06	0.50	12:16	24:32	25	1:45	211	2:29
Schwimmen Total	0.50	12:16	24:32	25	1:45	211	2:29	0.50	12:16	24:32	25	1:45	211	2:29
Rad netto	20.00	32:47	1:38	1	-	11	8:34	20.50	45:03	2:11	25	1:10	211	3:54
Wechsel R -> L	-	1:16	-	16	0:34	134	0:50	20.50	46:19	2:15	25	1:26	211	4:24
Rad Total	20.00	34:03	1:42	1	-	13	8:26	20.50	46:19	2:15	25	1:26	211	4:24
Lauf Ziel	5.00	18:48	3:45	1	-	4	0:49	25.50	1:05:07	2:33	2	1:25	7	5:13