



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Sascha Dech

Total time: 1:13:18

Club: RSC Pedalo Weiterstadt

Number: 253

Course: 25.50 km

Rank in course/Total: 56 (of 279)

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

Rank in course/Men: 52 (of 210)

Best time in course: 59:54

Category:

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	10:52	21:44	13	2:47	84	3:04	0.50	10:52	21:44	13	2:47	85	3:04
Wechsel S -> R	-	2:52	-	16	1:09	109	1:31	0.50	13:44	27:27	25	3:13	88	3:57
Schwimmen Total	0.50	13:44	27:27	25	3:13	88	3:57	0.50	13:44	27:27	25	3:13	88	3:57
Rad netto	20.00	37:54	1:53	15	5:07	103	13:41	20.50	51:38	2:31	25	7:45	211	10:29
Wechsel R -> L	-	1:57	-	24	1:15	197	1:31	20.50	53:35	2:36	25	8:42	211	11:40
Rad Total	20.00	39:51	1:59	16	5:48	121	14:14	20.50	53:35	2:36	25	8:42	211	11:40
Lauf Ziel	5.00	19:43	3:56	3	0:55	7	1:44	25.50	1:13:18	2:52	9	9:36	52	13:24