



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Steven Sander

Total time: 1:13:36

Club: TCEC Mainz

Number: 285

Course: 25.50 km

Rank in course/Total: 57 (of 279)

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

Rank in course/Men: 53 (of 210)

Best time in course: 59:54

Category:

Rank in category: 10(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	10:31	21:02	9	2:26	68	2:43	0.50	10:31	21:02	25	2:26	211	2:43
Wechsel S -> R	-	2:10	-	5	0:27	33	0:49	0.50	12:41	25:22	25	2:10	211	2:54
Schwimmen Total	0.50	12:41	25:22	25	2:10	211	2:54	0.50	12:41	25:22	25	2:10	211	2:54
Rad netto	20.00	37:07	1:51	14	4:20	87	12:54	20.50	49:48	2:25	25	5:55	211	8:39
Wechsel R -> L	-	1:24	-	18	0:42	153	0:58	20.50	51:12	2:29	25	6:19	211	9:17
Rad Total	20.00	38:31	1:55	14	4:28	87	12:54	20.50	51:12	2:29	25	6:19	211	9:17
Lauf Ziel	5.00	22:24	4:28	10	3:36	53	4:25	25.50	1:13:36	2:53	10	9:54	53	13:42