



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Christian Rahause

Total time: 1:14:05

Club: TSG Maxdorf

Number: 284

Course: 25.50 km

Rank in course/Total: 62 (of 279)

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

Rank in course/Men: 58 (of 210)

Best time in course: 59:54

Category:

Rank in category: 11(of 24)

männliche AK 4 (TM 35)

Best time in the category: 1:03:42

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:48	21:36	12	2:43	80	3:00	0.50	10:48	21:36	25	2:43	211	3:00
Wechsel S -> R	-	2:11	-	6	0:28	34	0:50	0.50	12:59	25:57	25	2:28	61	3:12
Schwimmen Total	0.50	12:59	25:57	25	2:28	61	3:12	0.50	12:59	25:57	25	2:28	61	3:12
Rad netto	20.00	36:47	1:50	13	4:00	79	12:34	20.50	49:46	2:25	25	5:53	211	8:37
Wechsel R -> L	-	1:09	-	14	0:27	102	0:43	20.50	50:55	2:29	25	6:02	211	9:00
Rad Total	20.00	37:56	1:53	13	3:53	81	12:19	20.50	50:55	2:29	25	6:02	211	9:00
Lauf Ziel	5.00	23:10	4:38	11	4:22	62	5:11	25.50	1:14:05	2:54	11	10:23	58	14:11