



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Benedikt Bonnmann

Total time: 1:24:55

Number: 165

Course: 25.50 km

Rank in course/Total: 185 (of 279)

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

Rank in course/Men: 151 (of 210)

Best time in course: 59:54

Category:

Rank in category: 19(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	12:20	24:40	22	4:15	141	4:32	0.50	12:20	24:40	25	4:15	211	4:32
Wechsel S -> R	-	2:58	-	17	1:15	115	1:37	0.50	15:18	30:36	25	4:47	211	5:31
Schwimmen Total	0.50	15:18	30:36	25	4:47	211	5:31	0.50	15:18	30:36	25	4:47	211	5:31
Rad netto	20.00	39:11	1:57	18	6:24	132	14:58	20.50	54:29	2:39	25	10:36	211	13:20
Wechsel R -> L	-	0:47	-	3	0:05	34	0:21	20.50	55:16	2:41	25	10:23	211	13:21
Rad Total	20.00	39:58	1:59	17	5:55	124	14:21	20.50	55:16	2:41	25	10:23	211	13:21
Lauf Ziel	5.00	29:39	5:55	22	10:51	169	11:40	25.50	1:24:55	3:19	19	21:13	151	25:01