



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Paul Alex

Total time: 1:25:24

Number: 129

Course: 25.50 km

Rank in course/Total: 190 (of 279)

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

Rank in course/Men: 154 (of 210)

Best time in course: 59:54

Category:

Rank in category: 20(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	11:09	22:18	14	3:04	93	3:21	0.50	11:09	22:18	25	3:04	211	3:21
Wechsel S -> R	-	2:43	-	15	1:00	93	1:22	0.50	13:52	27:44	17	3:21	211	4:05
Schwimmen Total	0.50	13:52	27:44	17	3:21	211	4:05	0.50	13:52	27:44	17	3:21	211	4:05
Rad netto	20.00	40:32	2:01	20	7:45	157	16:19	20.50	54:24	2:39	18	10:31	134	13:15
Wechsel R -> L	-	0:42	-	1	-	22	0:16	20.50	55:06	2:41	18	10:13	122	13:11
Rad Total	20.00	41:14	2:03	19	7:11	150	15:37	20.50	55:06	2:41	18	10:13	122	13:11
Lauf Ziel	5.00	30:18	6:03	24	11:30	176	12:19	25.50	1:25:24	3:20	20	21:42	154	25:30