



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Jonas Nordt

Total time: 1:19:01

Number: 54

Course: 25.50 km

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

Rank in course/Total: 119 (of 279)

Rank in course/Men: 105 (of 210)

Best time in course: 59:54

Category:

männliche Junioren (TM 18/19)

Rank in category: 2(of 3)

Best time in the category: 1:15:38

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	11:47	23:33	2	1:52	119	3:59	0.50	11:47	23:33	4	1:52	119	3:59
Wechsel S -> R	-	2:38	-	2	0:01	79	1:17	0.50	14:25	28:49	4	1:53	211	4:38
Schwimmen Total	0.50	14:25	28:49	4	1:53	211	4:38	0.50	14:25	28:49	4	1:53	211	4:38
Rad netto	20.00	39:44	1:59	1	-	146	15:31	20.50	54:09	2:38	4	0:31	211	13:00
Wechsel R -> L	-	1:20	-	3	0:53	140	0:54	20.50	55:29	2:42	4	1:24	211	13:34
Rad Total	20.00	41:04	2:03	1	-	146	15:27	20.50	55:29	2:42	4	1:24	211	13:34
Lauf Ziel	5.00	23:32	4:42	2	1:59	69	5:33	25.50	1:19:01	3:05	2	3:23	105	19:07