



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Thorsten Kies

Total time: 1:11:29

Club: TTV Topspin Lorsch

Number: 242

Course: 25.50 km

Rank in course/Total: 42 (of 279)

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

Rank in course/Men: 40 (of 210)

Best time in course: 59:54

Category:

Rank in category: 4(of 13)

Senioren 1 (TM 40)

Best time in the category: 1:05:38

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	11:54	23:48	11	3:11	126	4:06	0.50	11:54	23:48	11	3:11	127	4:06
Wechsel S -> R	-	2:24	-	5	0:35	54	1:03	0.50	14:18	28:36	10	3:46	104	4:31
Schwimmen Total	0.50	14:18	28:36	10	3:46	104	4:31	0.50	14:18	28:36	10	3:46	104	4:31
Rad netto	20.00	35:12	1:45	4	3:22	50	10:59	20.50	49:30	2:24	14	6:07	211	8:21
Wechsel R -> L	-	1:11	-	4	0:23	113	0:45	20.50	50:41	2:28	14	6:06	211	8:46
Rad Total	20.00	36:23	1:49	5	3:21	50	10:46	20.50	50:41	2:28	14	6:06	211	8:46
Lauf Ziel	5.00	20:48	4:09	1	-	22	2:49	25.50	1:11:29	2:48	4	5:51	40	11:35