



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Cornelius Jakob

Total time: 1:19:35

Number: 329

Course: 25.50 km

Rank in course/Total: 127 (of 279)

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

Rank in course/Men: 112 (of 210)

Best time in course: 59:54

Category:

Rank in category: 9(of 12)

männliche AK 1 (TM 20)

Best time in the category: 1:05:03

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	14:18	28:36	12	5:44	189	6:30	0.50	14:18	28:36	13	5:44	211	6:30
Wechsel S -> R	-	2:40	-	5	1:11	85	1:19	0.50	16:58	33:55	13	6:50	211	7:11
Schwimmen Total	0.50	16:58	33:55	13	6:50	211	7:11	0.50	16:58	33:55	13	6:50	211	7:11
Rad netto	20.00	36:17	1:48	6	3:31	74	12:04	20.50	53:15	2:35	13	10:12	211	12:06
Wechsel R -> L	-	1:10	-	8	0:33	109	0:44	20.50	54:25	2:39	13	10:36	211	12:30
Rad Total	20.00	37:27	1:52	6	3:55	75	11:50	20.50	54:25	2:39	13	10:36	211	12:30
Lauf Ziel	5.00	25:10	5:01	9	5:40	110	7:11	25.50	1:19:35	3:07	9	14:32	112	19:41