



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Norman Bender

Total time: 1:31:11

Club: Keetze Hocker

Number: 39

Course: 25.50 km

Rank in course/Total: 232 (of 279)

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

Rank in course/Men: 182 (of 210)

Best time in course: 59:54

Category:

Rank in category: 13(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	12:54	25:48	12	4:11	160	5:06	0.50	12:54	25:48	14	4:11	160	5:06
Wechsel S -> R	-	4:26	-	12	2:37	192	3:05	0.50	17:20	34:39	14	6:48	211	7:33
Schwimmen Total	0.50	17:20	34:39	14	6:48	211	7:33	0.50	17:20	34:39	14	6:48	211	7:33
Rad netto	20.00	41:36	2:04	13	9:46	174	17:23	20.50	58:56	2:52	13	15:33	211	17:47
Wechsel R -> L	-	3:30	-	13	2:42	210	3:04	20.50	1:02:26	3:02	13	17:51	211	20:31
Rad Total	20.00	45:06	2:15	13	12:04	191	19:29	20.50	1:02:26	3:02	13	17:51	211	20:31
Lauf Ziel	5.00	28:45	5:45	11	7:57	158	10:46	25.50	1:31:11	3:34	13	25:33	182	31:17