



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Alexander Rittlinger

Total time: 1:06:08

Club: LSV Ladenburg

Number: 32

Course: 25.50 km

Rank in course/Total: 14 (of 279)

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

Rank in course/Men: 14 (of 210)

Best time in course: 59:54

Category:

Rank in category: 2(of 29)

Senioren 2 (TM 45)

Best time in the category: 1:02:26

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	9:18	18:36	4	0:23	26	1:30	0.50	9:18	18:36	30	0:23	26	1:30
Wechsel S -> R	-	2:19	-	8	0:58	45	0:58	0.50	11:37	23:14	5	1:07	211	1:50
Schwimmen Total	0.50	11:37	23:14	5	1:07	211	1:50	0.50	11:37	23:14	5	1:07	211	1:50
Rad netto	20.00	32:47	1:38	3	2:29	11	8:34	20.50	44:24	2:09	2	3:06	211	3:15
Wechsel R -> L	-	0:46	-	4	0:09	27	0:20	20.50	45:10	2:12	2	3:03	211	3:15
Rad Total	20.00	33:33	1:40	3	2:17	11	7:56	20.50	45:10	2:12	2	3:03	211	3:15
Lauf Ziel	5.00	20:58	4:11	2	0:39	26	2:59	25.50	1:06:08	2:35	2	3:42	14	6:14