



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Holger Colditz

Club: RV03 Bürstadt

Number: 21

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:09:50

Rank in course/Total: 31 (of 279)

Rank in course/Men: 30 (of 210)

Best time in course: 59:54

Rank in category: 5(of 29)

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.	Stage score		Total			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	9:11	18:22	3	0:16	20	1:23	0.50	9:11	18:22	30	0:16	20	1:23
Wechsel S -> R	-	2:03	-	4	0:42	24	0:42	0.50	11:14	22:27	3	0:44	211	1:27
Schwimmen Total	0.50	11:14	22:27	3	0:44	211	1:27	0.50	11:14	22:27	3	0:44	211	1:27
Rad netto	20.00	36:07	1:48	11	5:49	70	11:54	20.50	47:21	2:18	5	6:03	211	6:12
Wechsel R -> L	-	0:40	-	3	0:03	18	0:14	20.50	48:01	2:20	5	5:54	211	6:06
Rad Total	20.00	36:47	1:50	11	5:31	59	11:10	20.50	48:01	2:20	5	5:54	211	6:06
Lauf Ziel	5.00	21:49	4:21	5	1:30	43	3:50	25.50	1:09:50	2:44	5	7:24	30	9:56