



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Martin Paul

Total time: 1:07:41

Number: 340

Course: 25.50 km

Rank in course/Total: 18 (of 279)

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

Rank in course/Men: 17 (of 210)

Best time in course: 59:54

Category:

Rank in category: 3(of 37)

Senioren 4 (TM 55)

Best time in the category: 1:05:27

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	9:16	18:32	6	1:28	24	1:28	0.50	9:16	18:32	38	1:28	24	1:28
Wechsel S -> R	-	2:09	-	5	0:20	30	0:48	0.50	11:25	22:49	38	0:31	211	1:38
Schwimmen Total	0.50	11:25	22:49	38	0:31	211	1:38	0.50	11:25	22:49	38	0:31	211	1:38
Rad netto	20.00	34:08	1:42	3	1:13	27	9:55	20.50	45:33	2:13	38	1:32	211	4:24
Wechsel R -> L	-	0:58	-	10	0:21	70	0:32	20.50	46:31	2:16	38	1:42	211	4:36
Rad Total	20.00	35:06	1:45	3	1:11	25	9:29	20.50	46:31	2:16	38	1:42	211	4:36
Lauf Ziel	5.00	21:10	4:14	4	0:55	29	3:11	25.50	1:07:41	2:39	3	2:14	17	7:47