



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Stephan Lixfeld

Club: SSG Bensheim

Number: 155

Course: 25.50 km

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

Category:

Senioren 4 (TM 55)

Total time: 1:15:15

Rank in course/Total: 78 (of 279)

Rank in course/Men: 69 (of 210)

Best time in course: 59:54

Rank in category: 12(of 37)

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	11:32	23:03	17	3:44	111	3:44	0.50	11:32	23:03	38	3:44	211	3:44	
Wechsel S -> R	-	2:39	-	14	0:50	83	1:18	0.50	14:11	28:22	38	3:17	211	4:24	
Schwimmen Total	0.50	14:11	28:22	38	3:17	211	4:24	0.50	14:11	28:22	38	3:17	211	4:24	
Rad netto	20.00	35:54	1:47	11	2:59	60	11:41	20.50	50:05	2:26	38	6:04	77	8:56	
Wechsel R -> L	-	1:09	-	17	0:32	102	0:43	20.50	51:14	2:29	38	6:25	77	9:19	
Rad Total	20.00	37:03	1:51	12	3:08	65	11:26	20.50	51:14	2:29	38	6:25	77	9:19	
Lauf Ziel	5.00	24:01	4:48	12	3:46	84	6:02	25.50	1:15:15	2:57	12	9:48	69	15:21	