



17. Lorsch Triathlon

Lorsch / 21.08.2022

Detailed evaluation

Bernd Hölzel

Total time: 1:51:22

Number: 157

Course: 25.50 km

Rank in course/Total: 275 (of 279)

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

Rank in course/Men: 207 (of 210)

Best time in course: 59:54

Category:

Rank in category: 37(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.	Stage score		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	15:19	30:37	36	7:31	200	7:31	0.50	15:19	30:37	38	7:31	211	7:31	
Wechsel S -> R	-	3:46	-	31	1:57	169	2:25	0.50	19:05	38:09	38	8:11	211	9:18	
Schwimmen Total	0.50	19:05	38:09	38	8:11	211	9:18	0.50	19:05	38:09	38	8:11	211	9:18	
Rad netto	20.00	47:37	2:22	36	14:42	204	23:24	20.50	1:06:42	3:15	38	22:41	205	25:33	
Wechsel R -> L	-	1:30	-	27	0:53	169	1:04	20.50	1:08:12	3:19	38	23:23	205	26:17	
Rad Total	20.00	49:07	2:27	36	15:12	205	23:30	20.50	1:08:12	3:19	38	23:23	205	26:17	
Lauf Ziel	5.00	43:10	8:37	37	22:55	210	25:11	25.50	1:51:22	4:22	37	45:55	207	51:28	