



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

## Detalizēti rezultāti

Hennemann, Lukas

Klubs: SSG Bensheim Triathlon

Numurs: 217

Posms: 25.50 km

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

Grupa:

männliche AK 1 (TM 20)

Kopējais laiks: 1:07:03

Vieta distancē/Kopā: 24 (no 353)

Vieta distancē/Vīrieši: 24 (no 269)

Distances labākais laiks: 57:23

Vieta grupā: 3(no 10)

Grupas labākais laiks: 57:23

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrollpunkts | Posma<br>km | Posma<br>Laiks | Posma<br>min/km | Vietāztrūkum:<br>grupā | Vietāztrūkums:<br>grupā | Vīrieši | Vīrieši | Kopā<br>km | Kopā<br>Laiks | Kopā<br>min/km | Vietāztrūkum:<br>grupā | Vietāztrūkums:<br>grupā | Vīrieši | Vīrieši |
|----------------|-------------|----------------|-----------------|------------------------|-------------------------|---------|---------|------------|---------------|----------------|------------------------|-------------------------|---------|---------|
| Schwimmen nett | 0.50        | 8:06           | 16:11           | 2                      | 1:07                    | 6       | 1:07    | 0.50       | 8:06          | 16:11          | 2                      | 1:07                    | 6       | 1:07    |
| Wechsel S -> R | -           | 1:30           | -               | 3                      | 0:14                    | 5       | 0:14    | 0.50       | 9:36          | 19:11          | 3                      | 1:21                    | 3       | 1:21    |
| Schwimmen Kop  | 0.50        | 9:36           | 19:11           | 3                      | 1:21                    | 3       | 1:21    | 0.50       | 9:36          | 19:11          | 3                      | 1:21                    | 3       | 1:21    |
| Kontrolle Rad  | 6.00        | 11:05          | 1:50            | 5                      | 1:10                    | 63      | 1:51    | 6.50       | 20:41         | 3:10           | 3                      | 1:58                    | 9       | 1:58    |
| Kontrolle Rad  | 8.00        | 13:52          | 1:44            | 4                      | 1:39                    | 89      | 2:05    | 14.50      | 34:33         | 2:22           | 3                      | 2:54                    | 267     | 2:58    |
| Rad Ziel       | 6.00        | 10:05          | 1:40            | 4                      | 1:05                    | 71      | 1:32    | 20.50      | 44:38         | 2:10           | 3                      | 3:59                    | 21      | 3:59    |
| Rad Netto      | 20.00       | 35:02          | 1:45            | 1                      | 26:02                   | 1       | 26:29   | 20.50      | 44:38         | 2:10           | 3                      | 3:59                    | 21      | 3:59    |
| Wechsel R -> L | -           | 0:41           | -               | 3                      | 0:09                    | 16      | 0:09    | 20.50      | 45:19         | 2:12           | 3                      | 4:00                    | 20      | 4:00    |
| Rad Kopā       | 20.00       | 35:43          | 1:47            | 4                      | 3:55                    | 63      | 5:18    | 20.50      | 45:19         | 2:12           | 3                      | 4:00                    | 20      | 4:00    |
| Kontrolle Lauf | 2.40        | 10:15          | 4:16            | 3                      | 2:25                    | 35      | 2:25    | 22.90      | 55:34         | 2:25           | 3                      | 6:25                    | 17      | 6:25    |
| Lauf Ziel      | 2.60        | 11:29          | 4:24            | 4                      | 3:15                    | 67      | 3:15    | 25.50      | 1:07:03       | 2:37           | 3                      | 9:40                    | 24      | 9:40    |
| Lauf Kopā      | 5.00        | 21:44          | 4:20            | 4                      | 5:40                    | 53      | 5:40    | 25.50      | 1:07:03       | 2:37           | 3                      | 9:40                    | 24      | 9:40    |