



# 16. Lorsch Triathlon

Lorsch / 11.08.2019

## Detalizēti rezultāti

**Dambier, Markus**

Klubs: Heppenheimer Skiclub

Numurs: 312

Posms: 25.50 km

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

Grupa:

Senioren 1 (TM 40)

**Kopējais laiks: 1:14:51**

Vieta distancē/Kopā: 115 (no 353)

Vieta distancē/Vīrieši: 106 (no 269)

Distances labākais laiks: 57:23

Vieta grupā: 8(no 25)

Grupas labākais laiks: 1:03:07

## Vidējie laiki

## Posma rezultāts

## Kopējais rezultāts

| Kontrollpunkts | Posma<br>km | Posma<br>Laiks | Posma<br>min/km | Vietāztrūkums:<br>grupā | Vietāztrūkums:<br>grupā | Vīrieši | Vīrieši | Kopā<br>km | Kopā<br>Laiks | Kopā<br>min/km | Vietāztrūkums:<br>grupā | Vietāztrūkums:<br>grupā | Vīrieši | Vīrieši |
|----------------|-------------|----------------|-----------------|-------------------------|-------------------------|---------|---------|------------|---------------|----------------|-------------------------|-------------------------|---------|---------|
| Schwimmen nett | 0.50        | 11:50          | 23:40           | 20                      | 3:57                    | 178     | 4:51    | 0.50       | 11:50         | 23:40          | 26                      | 3:57                    | 269     | 4:51    |
| Wechsel S -> R | -           | 2:30           | -               | 10                      | 1:04                    | 103     | 1:14    | 0.50       | 14:20         | 28:40          | 26                      | 4:42                    | 268     | 6:05    |
| Schwimmen Kop  | 0.50        | 14:20          | 28:40           | 26                      | 4:42                    | 268     | 6:05    | 0.50       | 14:20         | 28:40          | 26                      | 4:42                    | 268     | 6:05    |
| Kontrolle Rad  | 6.00        | 11:18          | 1:53            | 6                       | 0:54                    | 85      | 2:04    | 6.50       | 25:38         | 3:56           | 26                      | 5:36                    | 268     | 6:55    |
| Kontrolle Rad  | 8.00        | 13:36          | 1:42            | 4                       | 0:41                    | 64      | 1:49    | 14.50      | 39:14         | 2:42           | 26                      | 6:17                    | 267     | 7:39    |
| Rad Ziel       | 6.00        | 9:45           | 1:37            | 2                       | 0:15                    | 37      | 1:12    | 20.50      | 48:59         | 2:23           | 26                      | 6:32                    | 268     | 8:20    |
| Rad Netto      | 20.00       | 34:39          | 1:43            | 1                       | 25:09                   | 1       | 26:06   | 20.50      | 48:59         | 2:23           | 26                      | 6:32                    | 268     | 8:20    |
| Wechsel R -> L | -           | 0:55           | -               | 6                       | 0:18                    | 82      | 0:23    | 20.50      | 49:54         | 2:26           | 26                      | 6:17                    | 268     | 8:35    |
| Rad Kopā       | 20.00       | 35:34          | 1:46            | 4                       | 1:35                    | 59      | 5:09    | 20.50      | 49:54         | 2:26           | 26                      | 6:17                    | 268     | 8:35    |
| Kontrolle Lauf | 2.40        | 11:26          | 4:45            | 11                      | 2:35                    | 103     | 3:36    | 22.90      | 1:01:20       | 2:40           | 25                      | 8:16                    | 265     | 12:11   |
| Lauf Ziel      | 2.60        | 13:31          | 5:11            | 15                      | 4:03                    | 178     | 5:17    | 25.50      | 1:14:51       | 2:56           | 8                       | 11:44                   | 106     | 17:28   |
| Lauf Kopā      | 5.00        | 24:57          | 4:59            | 14                      | 6:38                    | 144     | 8:53    | 25.50      | 1:14:51       | 2:56           | 8                       | 11:44                   | 106     | 17:28   |