



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Siems, Dr. Nils

Total time: 1:02:01

Club: SC Oberursel

Number: 178

Course: 25.50 km

Rank in course/Total: 12 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 12 (of 220)

Best time in course: 58:13

Category:

Rank in category: 2(of 35)

männl. AK 4 (TM 35-39)

Best time in the category: 59:10

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| | | | | | | | | | | | | | | |
| Schwimmen | 0.50 | 7:54 | 0.00 | 2 | 0:43 | 9 | 0:43 | 0.50 | 7:54 | 0.00 | 36 | | | 220 |
| Schwimmen Total | 0.50 | 7:54 | | | | | | | | | | | | |
| Rad | 20.00 | 35:09 | 34.14 | 2 | 1:58 | 12 | 1:58 | 20.50 | 43:03 | 27.87 | 36 | | | 219 |
| Rad Total | 20.00 | 35:09 | | | | | | | | | | | | |
| Lauf | 5.00 | 18:58 | 15.82 | 7 | 1:25 | 34 | 8:49 | 25.50 | 1:02:01 | 24.19 | 2 | 2:51 | 13 | 3:48 |
| Lauf Total | 25.00 | 1:02:01 | | | | | | | | | | | | |