



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Steingens, Uwe

Total time: 1:14:30

Number: 22

Course: 25.50 km

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

Rank in course/Total: 73 (of 313)

Rank in course/Men: 67 (of 231)

Best time in course: 58:01

Category:

Senioren 3 (TM 50)

Rank in category: 9(of 33)

Best time in the category: 1:04:59

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 nett	0.50	11:17	2.66	20	3:20	128	4:14	0.50	11:17	2.66	34	0:39	10	1:39
Wechsel S->R	-	3:17	-	21	1:49	156	2:09	0.50	14:34	2.06	34	1:00	10	2:42
Schwimmen Total	0.50	14:34	2.06	34	1:00	10	2:42	0.50	14:34	2.06	34	1:00	10	2:42
ZZ Rad	5.75	7:41	44.90	9	0:41	55	1:15	6.25	22:15	16.85	34		10	3:01
ZZ Rad	4.25	10:20	24.68	6	0:48	39	1:05	10.50	32:35	19.34	33		10	3:16
ZZ Rad	4.25	10:16	24.84	5	0:54	32	0:57	14.75	42:51	20.65	33		10	3:31
Rad Ziel	5.75	8:02	42.95	5	0:38	33	3:25	20.50	50:53	24.17	34		10	3:45
Rad Net	20.00	36:19	33.04	6	17:38	43	18:10	20.50	50:53	24.17	34		10	3:45
Wechsel R->L	-	1:22	-	20	0:48	169	0:53	20.50	52:15	23.54	33		10	4:11
Rad Total	20.00	37:41	31.84	8	3:34	48	17:29	20.50	52:15	23.54	33		10	4:11
ZZ Lauf	2.50	10:45	13.95	6	0:51	61	2:46	23.00	1:03:00	21.90	33		10	6:05
Lauf Ziel	2.50	11:30	13.04	7	1:15	73	2:57	25.50	1:14:30	20.54	9	9:31	67	16:29
Lauf Total	5.00	22:15	13.48	7	1:50	69	5:36	25.50	1:14:30	20.54	9	9:31	67	16:29