



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Cerwenetz, Kurt

Club: SRH Heidelberg

Number: 138

Course: 25.50 km

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

Category:

Senioren 3 (TM 50)

Total time: 1:20:14

Rank in course/Total: 144 (of 313)

Rank in course/Men: 126 (of 231)

Best time in course: 58:01

Rank in category: 17(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	12:28	2.41	22	4:31	170	5:25	0.50	12:28	2.41	34	1:50	232	2:50
Wechsel S->R	-	2:29	-	15	1:01	102	1:21	0.50	14:57	2.01	34	1:23	232	3:05
Schwimmen Total	0.50	14:57	2.01	34	1:23	232	3:05	0.50	14:57	2.01	34	1:23	232	3:05
ZZ Rad	5.75	8:07	42.51	19	1:07	112	1:41	6.25	23:04	16.26	34	0:25	232	3:50
ZZ Rad	4.25	10:56	23.32	14	1:24	85	1:41	10.50	34:00	18.53	23		227	4:41
ZZ Rad	4.25	10:58	23.25	17	1:36	90	1:39	14.75	44:58	19.68	23		227	5:38
Rad Ziel	5.75	8:19	41.48	10	0:55	59	3:42	20.50	53:17	23.08	34		232	6:09
Rad Net	20.00	38:20	31.30	15	19:39	83	20:11	20.50	53:17	23.08	34		232	6:09
Wechsel R->L	-	1:19	-	18	0:45	162	0:50	20.50	54:36	22.53	23		229	6:32
Rad Total	20.00	39:39	30.26	14	5:32	89	19:27	20.50	54:36	22.53	23		229	6:32
ZZ Lauf	2.50	12:41	11.83	21	2:47	150	4:42	23.00	1:07:17	20.51	23		228	10:22
Lauf Ziel	2.50	12:57	11.58	21	2:42	140	4:24	25.50	1:20:14	19.07	17	15:15	126	22:13
Lauf Total	5.00	25:38	11.70	21	5:13	147	8:59	25.50	1:20:14	19.07	17	15:15	126	22:13