



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Keinert, Sebastian

Total time: 1:00:52

Number: 184

Course: 25.50 km

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

Rank in course/Total: 2 (of 313)

Rank in course/Men: 2 (of 231)

Best time in course: 58:01

Category:

männliche AK 3 (TM 30)

Rank in category: 1(of 20)

Best time in the category: 1:00:52

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	8:15	3.64	1	-	10	1:12	0.50	8:15	3.64	21		232	
Wechsel S->R	-	1:38	-	2	0:03	11	0:30	0.50	9:53	3.04	21		232	
Schwimmen Total	0.50	9:53	3.04	21		232		0.50	9:53	3.04	21		232	
ZZ Rad	5.75	7:10	48.14	3	0:44	14	0:44	6.25	17:03	21.99	21		232	
ZZ Rad	4.25	9:34	26.66	2	0:10	5	0:19	10.50	26:37	23.67	21		227	
ZZ Rad	4.25	9:24	27.13	1	-	3	0:05	14.75	36:01	24.57	21		227	
Rad Ziel	5.75	7:31	45.90	2	0:04	9	2:54	20.50	43:32	28.25	21		232	
Rad Net	20.00	33:39	35.66	2	0:32	11	15:30	20.50	43:32	28.25	21		232	
Wechsel R->L	-	0:36	-	2	0:01	8	0:07	20.50	44:08	27.87	21		229	
Rad Total	20.00	34:15	35.04	2	0:31	8	14:03	20.50	44:08	27.87	21		229	
ZZ Lauf	2.50	8:11	18.33	1	-	2	0:12	23.00	52:19	26.38	21		228	
Lauf Ziel	2.50	8:33	17.54	1	-	1	-	25.50	1:00:52	25.14	1	-	2	2:51
Lauf Total	5.00	16:44	17.93	1	-	2	0:05	25.50	1:00:52	25.14	1	-	2	2:51