



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Alexander, Ralf

Total time: 1:22:40

Number: 137

Course: 25.50 km

Rank in course/Total: 172 (of 313)

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

Rank in course/Men: 148 (of 231)

Best time in course: 58:01

Category:

Rank in category: 19(of 33)

Senioren 3 (TM 50)

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	11:06	2.70	19	3:09	121	4:03	0.50	11:06	2.70	34	0:28	232	1:28
Wechsel S->R	-	2:41	-	16	1:13	118	1:33	0.50	13:47	2.18	34	0:13	232	1:55
Schwimmen Total	0.50	13:47	2.18	34	0:13	232	1:55	0.50	13:47	2.18	34	0:13	232	1:55
ZZ Rad	5.75	8:02	42.95	16	1:02	99	1:36	6.25	21:49	17.19	34		232	2:35
ZZ Rad	4.25	10:55	23.36	13	1:23	82	1:40	10.50	32:44	19.25	22		227	3:25
ZZ Rad	4.25	10:55	23.36	16	1:33	87	1:36	14.75	43:39	20.27	22		227	4:19
Rad Ziel	5.75	8:55	38.69	19	1:31	121	4:18	20.50	52:34	23.40	34		232	5:26
Rad Net	20.00	38:47	30.94	18	20:06	94	20:38	20.50	52:34	23.40	34		232	5:26
Wechsel R->L	-	1:35	-	24	1:01	190	1:06	20.50	54:09	22.71	22		229	6:05
Rad Total	20.00	40:22	29.73	17	6:15	109	20:10	20.50	54:09	22.71	22		229	6:05
ZZ Lauf	2.50	13:47	10.88	26	3:53	182	5:48	23.00	1:07:56	20.31	22		228	11:01
Lauf Ziel	2.50	14:44	10.18	26	4:29	190	6:11	25.50	1:22:40	18.51	19	17:41	148	24:39
Lauf Total	5.00	28:31	10.52	26	8:06	185	11:52	25.50	1:22:40	18.51	19	17:41	148	24:39