



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Opper, Stefan

Total time: 1:24:19

Number: 103

Course: 25.50 km

Rank in course/Total: 191 (of 313)

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

Rank in course/Men: 160 (of 231)

Best time in course: 58:01

Category:

Rank in category: 29(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:07:30

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	15:02	2.00	37	6:23	218	7:59	0.50	15:02	2.00	40	2:48	232	5:24
Wechsel S->R	-	5:17	-	39	3:41	222	4:09	0.50	20:19	1.48	40	5:45	232	8:27
Schwimmen Total	0.50	20:19	1.48	40	5:45	232	8:27	0.50	20:19	1.48	40	5:45	232	8:27
ZZ Rad	5.75	8:00	43.13	15	0:43	93	1:34	6.25	28:19	13.24	40	5:58	232	9:05
ZZ Rad	4.25	11:21	22.47	26	1:27	129	2:06	10.50	39:40	15.88	39	6:06	227	10:21
ZZ Rad	4.25	11:19	22.53	22	1:25	121	2:00	14.75	50:59	17.36	39	6:15	227	11:39
Rad Ziel	5.75	8:57	38.55	23	1:12	124	4:20	20.50	59:56	20.52	40	6:19	232	12:48
Rad Net	20.00	39:37	30.29	20	4:45	121	21:28	20.50	59:56	20.52	40	6:19	232	12:48
Wechsel R->L	-	2:12	-	35	1:41	220	1:43	20.50	1:02:08	19.80	39	7:21	229	14:04
Rad Total	20.00	41:49	28.70	27	6:10	147	21:37	20.50	1:02:08	19.80	39	7:21	229	14:04
ZZ Lauf	2.50	10:46	13.93	14	1:29	63	2:47	23.00	1:12:54	18.93	39	7:53	228	15:59
Lauf Ziel	2.50	11:25	13.14	15	1:55	67	2:52	25.50	1:24:19	18.15	29	16:49	160	26:18
Lauf Total	5.00	22:11	13.52	16	3:24	68	5:32	25.50	1:24:19	18.15	29	16:49	160	26:18