



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Trappel, Helge

Club: SV Seitzenhahn

Number: 183

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:13:54

Rank in course/Total: 66 (of 313)

Rank in course/Men: 62 (of 231)

Best time in course: 58:01

Rank in category: 10(of 39)

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	10:52	2.76	16	2:13	103	3:49	0.50	10:52	2.76	40		232	1:14
Wechsel S->R	-	2:38	-	21	1:02	117	1:30	0.50	13:30	2.22	40		232	1:38
Schwimmen Total	0.50	13:30	2.22	40		232	1:38	0.50	13:30	2.22	40		232	1:38
ZZ Rad	5.75	7:42	44.81	9	0:25	56	1:16	6.25	21:12	17.69	40		232	1:58
ZZ Rad	4.25	10:34	24.13	11	0:40	55	1:19	10.50	31:46	19.83	39		227	2:27
ZZ Rad	4.25	10:32	24.21	12	0:38	56	1:13	14.75	42:18	20.92	39		227	2:58
Rad Ziel	5.75	8:19	41.48	9	0:34	59	3:42	20.50	50:37	24.30	40		232	3:29
Rad Net	20.00	37:07	32.33	9	2:15	57	18:58	20.50	50:37	24.30	40		232	3:29
Wechsel R->L	-	1:00	-	13	0:29	92	0:31	20.50	51:37	23.83	39		229	3:33
Rad Total	20.00	38:07	31.48	9	2:28	56	17:55	20.50	51:37	23.83	39		229	3:33
ZZ Lauf	2.50	11:14	13.35	18	1:57	80	3:15	23.00	1:02:51	21.96	39		228	5:56
Lauf Ziel	2.50	11:03	13.57	12	1:33	55	2:30	25.50	1:13:54	20.70	10	6:24	62	15:53
Lauf Total	5.00	22:17	13.46	17	3:30	71	5:38	25.50	1:13:54	20.70	10	6:24	62	15:53