



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Stoof, Uwe

Total time: 1:37:31

Number: 116

Course: 25.50 km

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

Rank in course/Total: 280 (of 313)

Rank in course/Men: 210 (of 231)

Best time in course: 58:01

Category:

Senioren 4 (TM 55)

Rank in category: 19(of 21)

Best time in the category: 1:09:46

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	9:26	3.18	2	1:37	36	2:23	0.50	9:26	3.18	22		232	
Wechsel S->R	-	4:00	-	18	2:13	203	2:52	0.50	13:26	2.23	22		232	1:34
Schwimmen Total	0.50	13:26	2.23	22		232	1:34	0.50	13:26	2.23	22		232	1:34
ZZ Rad	5.75	9:28	36.44	18	2:16	212	3:02	6.25	22:54	16.38	22		232	3:40
ZZ Rad	4.25	12:41	20.11	18	2:36	195	3:26	10.50	35:35	17.70	22	0:52	227	6:16
ZZ Rad	4.25	12:58	19.67	18	2:53	205	3:39	14.75	48:33	18.23	22	2:31	227	9:13
Rad Ziel	5.75	10:24	33.17	18	2:23	207	5:47	20.50	58:57	20.87	22	3:56	232	11:49
Rad Net	20.00	45:31	26.36	18	9:53	207	27:22	20.50	58:57	20.87	22	3:56	232	11:49
Wechsel R->L	-	1:13	-	12	0:33	141	0:44	20.50	1:00:10	20.44	22	3:42	229	12:06
Rad Total	20.00	46:44	25.68	18	9:56	206	26:32	20.50	1:00:10	20.44	22	3:42	229	12:06
ZZ Lauf	2.50	18:10	8.26	21	8:10	226	10:11	23.00	1:18:20	17.62	22	10:14	228	21:25
Lauf Ziel	2.50	19:11	7.82	21	8:32	224	10:38	25.50	1:37:31	15.69	19	27:45	210	39:30
Lauf Total	5.00	37:21	8.03	21	16:27	224	20:42	25.50	1:37:31	15.69	19	27:45	210	39:30