



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Herweck, Horst

Club: SM Annabelle

Number: 174

Course: 25.50 km

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

Category:

Senioren 5 (TM 60)

Total time: 1:17:40

Rank in course/Total: 111 (of 313)

Rank in course/Men: 100 (of 231)

Best time in course: 58:01

Rank in category: 2(of 11)

Best time in the category: 1:13:27

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	12:59	2.31	7	2:54	186	5:56	0.50	12:59	2.31	12	2:54	232	3:21
Wechsel S->R	-	2:25	-	2	0:29	97	1:17	0.50	15:24	1.95	12	3:23	232	3:32
Schwimmen Total	0.50	15:24	1.95	12	3:23	232	3:32	0.50	15:24	1.95	12	3:23	232	3:32
ZZ Rad	5.75	7:42	44.81	1	-	56	1:16	6.25	23:06	16.23	12	3:20	232	3:52
ZZ Rad	4.25	10:46	23.68	2	0:03	65	1:31	10.50	33:52	18.60	12	3:23	227	4:33
ZZ Rad	4.25	10:48	23.61	3	0:17	70	1:29	14.75	44:40	19.81	12	3:32	227	5:20
Rad Ziel	5.75	8:35	40.19	3	0:26	82	3:58	20.50	53:15	23.10	12	3:58	232	6:07
Rad Net	20.00	37:51	31.70	3	0:35	70	19:42	20.50	53:15	23.10	12	3:58	232	6:07
Wechsel R->L	-	0:45	-	3	0:06	32	0:16	20.50	54:00	22.78	12	4:04	229	5:56
Rad Total	20.00	38:36	31.09	2	0:41	62	18:24	20.50	54:00	22.78	12	4:04	229	5:56
ZZ Lauf	2.50	11:43	12.80	4	0:18	103	3:44	23.00	1:05:43	21.00	12	4:22	228	8:48
Lauf Ziel	2.50	11:57	12.55	2	0:10	92	3:24	25.50	1:17:40	19.70	2	4:13	99	19:39
Lauf Total	5.00	23:40	12.68	4	0:15	99	7:01	25.50	1:17:40	19.70	2	4:13	99	19:39