



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Remus, Ingo

Total time: 1:18:27

Club: Feuerwehr Bensheim

Number: 172

Course: 25.50 km

Rank in course/Total: 118 (of 313)

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

Rank in course/Men: 106 (of 231)

Best time in course: 58:01

Category:

Rank in category: 20(of 38)

Senioren 1 (TM 40)

Best time in the category: 1:05:31

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	11:59	2.50	29	4:41	153	4:56	0.50	11:59	2.50	39	2:58	232	2:21
Wechsel S->R	-	2:11	-	13	0:28	63	1:03	0.50	14:10	2.12	39	3:19	232	2:18
Schwimmen Total	0.50	14:10	2.12	39	3:19	232	2:18	0.50	14:10	2.12	39	3:19	232	2:18
ZZ Rad	5.75	7:55	43.58	11	1:11	82	1:29	6.25	22:05	16.98	39	3:49	232	2:51
ZZ Rad	4.25	11:13	22.73	18	1:38	106	1:58	10.50	33:18	18.92	39	5:13	227	3:59
ZZ Rad	4.25	11:02	23.11	17	1:32	99	1:43	14.75	44:20	19.96	39	6:27	227	5:00
Rad Ziel	5.75	8:53	38.84	22	1:34	114	4:16	20.50	53:13	23.11	39	7:24	232	6:05
Rad Net	20.00	39:03	30.73	16	5:43	106	20:54	20.50	53:13	23.11	39	7:24	232	6:05
Wechsel R->L	-	0:34	-	2	0:05	4	0:05	20.50	53:47	22.87	39	7:12	229	5:43
Rad Total	20.00	39:37	30.29	15	5:34	88	19:25	20.50	53:47	22.87	39	7:12	229	5:43
ZZ Lauf	2.50	12:17	12.21	22	2:43	127	4:18	23.00	1:06:04	20.89	39	9:54	228	9:09
Lauf Ziel	2.50	12:23	12.11	23	2:40	115	3:50	25.50	1:18:27	19.50	20	12:56	106	20:26
Lauf Total	5.00	24:40	12.16	22	5:23	119	8:01	25.50	1:18:27	19.50	20	12:56	106	20:26