



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Foltz, Frieder

Total time: 1:19:23

Number: 153

Course: 25.50 km

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

Rank in course/Total: 133 (of 313)

Rank in course/Men: 116 (of 231)

Best time in course: 58:01

Category:

Senioren 2 (TM 45)

Rank in category: 20(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	11:32	2.60	18	2:53	133	4:29	0.50	11:32	2.60	40		232	1:54
Wechsel S->R	-	2:35	-	19	0:59	112	1:27	0.50	14:07	2.13	40		232	2:15
Schwimmen Total	0.50	14:07	2.13	40		232	2:15	0.50	14:07	2.13	40		232	2:15
ZZ Rad	5.75	7:59	43.22	14	0:42	89	1:33	6.25	22:06	16.97	40		232	2:52
ZZ Rad	4.25	11:13	22.73	18	1:19	106	1:58	10.50	33:19	18.91	39		227	4:00
ZZ Rad	4.25	11:03	23.08	16	1:09	100	1:44	14.75	44:22	19.95	39		227	5:02
Rad Ziel	5.75	8:54	38.76	20	1:09	119	4:17	20.50	53:16	23.09	40		232	6:08
Rad Net	20.00	39:09	30.65	17	4:17	110	21:00	20.50	53:16	23.09	40		232	6:08
Wechsel R->L	-	1:12	-	21	0:41	137	0:43	20.50	54:28	22.58	39		229	6:24
Rad Total	20.00	40:21	29.74	18	4:42	108	20:09	20.50	54:28	22.58	39		229	6:24
ZZ Lauf	2.50	12:13	12.28	24	2:56	123	4:14	23.00	1:06:41	20.69	39	1:40	228	9:46
Lauf Ziel	2.50	12:42	11.81	26	3:12	132	4:09	25.50	1:19:23	19.27	20	11:53	116	21:22
Lauf Total	5.00	24:55	12.04	25	6:08	128	8:16	25.50	1:19:23	19.27	20	11:53	116	21:22