



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Rößner, Jens

Total time: 1:20:30

Club: Erdinger Alkoholfrei

Number: 192

Course: 25.50 km

Rank in course/Total: 147 (of 313)

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

Rank in course/Men: 128 (of 231)

Best time in course: 58:01

Category:

Rank in category: 13(of 20)

männliche AK 3 (TM 30)

Best time in the category: 1:00:52

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	11:10	2.69	12	2:55	124	4:07	0.50	11:10	2.69	21		232	1:32
Wechsel S->R	-	3:41	-	17	2:06	184	2:33	0.50	14:51	2.02	21		232	2:59
Schwimmen Total	0.50	14:51	2.02	21		232	2:59	0.50	14:51	2.02	21		232	2:59
ZZ Rad	5.75	8:17	41.65	13	1:51	138	1:51	6.25	23:08	16.21	21		232	3:54
ZZ Rad	4.25	11:27	22.27	13	2:03	136	2:12	10.50	34:35	18.22	21		227	5:16
ZZ Rad	4.25	11:36	21.98	12	2:12	142	2:17	14.75	46:11	19.16	21		227	6:51
Rad Ziel	5.75	8:55	38.69	13	1:28	121	4:18	20.50	55:06	22.32	21		232	7:58
Rad Net	20.00	40:15	29.81	13	7:08	140	22:06	20.50	55:06	22.32	21		232	7:58
Wechsel R->L	-	0:37	-	3	0:02	12	0:08	20.50	55:43	22.08	21		229	7:39
Rad Total	20.00	40:52	29.36	12	7:08	126	20:40	20.50	55:43	22.08	21		229	7:39
ZZ Lauf	2.50	12:20	12.16	15	4:09	134	4:21	23.00	1:08:03	20.28	21		228	11:08
Lauf Ziel	2.50	12:27	12.05	15	3:54	119	3:54	25.50	1:20:30	19.01	13	19:38	128	22:29
Lauf Total	5.00	24:47	12.10	15	8:03	123	8:08	25.50	1:20:30	19.01	13	19:38	128	22:29