



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Riemenschneider, Jens

Total time: 1:06:18

Club: LSV Ladenburg

Number: 224

Course: 25.50 km

Rank in course/Total: 12 (of 313)

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

Rank in course/Men: 12 (of 231)

Best time in course: 58:01

Category:

Rank in category: 3(of 28)

männliche AK 4 (TM 35)

Best time in the category: 1:03:20

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	9:10	3.27	5	1:00	26	2:07	0.50	9:10	3.27	12		232	
Wechsel S->R	-	1:36	-	2	0:04	9	0:28	0.50	10:46	2.79	29		232	
Schwimmen Total	0.50	10:46	2.79	29		232		0.50	10:46	2.79	29		232	
ZZ Rad	5.75	7:29	46.10	7	0:39	37	1:03	6.25	18:15	20.55	29		232	
ZZ Rad	4.25	10:06	25.25	6	0:37	28	0:51	10.50	28:21	22.22	18		227	
ZZ Rad	4.25	10:03	25.37	6	0:33	25	0:44	14.75	38:24	23.05	18		227	
Rad Ziel	5.75	7:50	44.04	6	0:25	19	3:13	20.50	46:14	26.60	29		232	
Rad Net	20.00	35:28	33.83	8	17:19	30	17:19	20.50	46:14	26.60	29		232	
Wechsel R->L	-	0:52	-	9	0:09	64	0:23	20.50	47:06	26.11	19		229	
Rad Total	20.00	36:20	33.03	7	16:08	27	16:08	20.50	47:06	26.11	19		229	
ZZ Lauf	2.50	9:27	15.87	3	0:36	12	1:28	23.00	56:33	24.40	18		228	
Lauf Ziel	2.50	9:45	15.38	3	0:20	13	1:12	25.50	1:06:18	23.08	3	2:58	12	8:17
Lauf Total	5.00	19:12	15.63	3	0:56	12	2:33	25.50	1:06:18	23.08	3	2:58	12	8:17