



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Gies, Michael

Total time: 1:12:13

Number: 197

Course: 25.50 km

Rank in course/Total: 50 (of 313)

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

Rank in course/Men: 47 (of 231)

Best time in course: 58:01

Category:

Rank in category: 9(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	8:07	3.70	2	0:49	8	1:04	0.50	8:07	3.70	39			232	
Wechsel S->R	-	2:30	-	23	0:47	104	1:22	0.50	10:37	2.83	39			232	
Schwimmen Total	0.50	10:37	2.83	39		232		0.50	10:37	2.83	39			232	
ZZ Rad	5.75	7:20	47.05	5	0:36	25	0:54	6.25	17:57	20.89	39			232	
ZZ Rad	4.25	9:48	26.02	3	0:13	13	0:33	10.50	27:45	22.70	39			227	
ZZ Rad	4.25	9:56	25.67	5	0:26	18	0:37	14.75	37:41	23.49	39			227	
Rad Ziel	5.75	7:51	43.95	4	0:32	20	3:14	20.50	45:32	27.01	39			232	
Rad Net	20.00	34:55	34.37	4	1:35	22	16:46	20.50	45:32	27.01	39			232	
Wechsel R->L	-	0:52	-	15	0:23	64	0:23	20.50	46:24	26.51	39			229	
Rad Total	20.00	35:47	33.54	5	1:44	19	15:35	20.50	46:24	26.51	39			229	
ZZ Lauf	2.50	12:31	11.98	25	2:57	142	4:32	23.00	58:55	23.42	39	2:45	228	2:00	
Lauf Ziel	2.50	13:18	11.28	28	3:35	153	4:45	25.50	1:12:13	21.19	9	6:42	47	14:12	
Lauf Total	5.00	25:49	11.62	26	6:32	148	9:10	25.50	1:12:13	21.19	9	6:42	47	14:12	