# 11. Triathlon Lorsch

Lorsch / 10.08.2014

## Detailed evaluation

## Gießke, Jürgen

Total time: 1:32:56

## Number: 157

Course: 25.50 km
Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 251 (of 313)
Rank in course/Men: 195 (of 231)
Best time in course: 58:01

Category:
Senioren 4 (TM 55)

Rank in category: 16(of 21)
Best time in the category: 1:09:46

### Intermediate times

| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Stage score Total km | Stage score Total Time | Stage score Total km/h | Total ranking Pos Cat. | Total ranking Behind Cat. | Total ranking Pos Men | Total ranking Behind Men |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Schwimmen nett | 0.50 | 15:05 | 1.99 | 21 | 7:16 | 220 | 8:02 | 0.50 | 15:05 | 1.99 | 22 | 1:44 | 232 | 5:27 |
| Wechsel S->R | - | 3:19 | - | 13 | 1:32 | 161 | 2:11 | 0.50 | 18:24 | 1.63 | 22 | 2:27 | 232 | 6:32 |
| Schwimmen Tota | 0.50 | 18:24 | 1.63 | 22 | 2:27 | 232 | 6:32 | 0.50 | 18:24 | 1.63 | 22 | 2:27 | 232 | 6:32 |
| ZZ Rad | 5.75 | 8:39 | 39.88 | 14 | 1:27 | 176 | 2:13 | 6.25 | 27:03 | 13.86 | 22 | 3:20 | 232 | 7:49 |
| ZZ Rad | 4.25 | 12:03 | 21.16 | 14 | 1:58 | 174 | 2:48 | 10.50 | 39:06 | 16.11 | 22 | 4:23 | 227 | 9:47 |
| ZZ Rad | 4.25 | 12:02 | 21.19 | 14 | 1:57 | 169 | 2:43 | 14.75 | 51:08 | 17.31 | 22 | 5:06 | 29 | 11:48 |
| Rad Ziel | 5.75 | 9:45 | 35.38 | 15 | 1:44 | 180 | 5:08 | 20.50 | 1:00:53 | 20.20 | 22 | 5:52 | 232 | 13:45 |
| Rad Net | 20.00 | 42:29 | 28.25 | 14 | 6:51 | 176 | 24:20 | 20.50 | 1:00:53 | 20.20 | 22 | 5:52 | 232 | 13:45 |
| Wechsel R->L | - | 1:40 | - | 19 | 1:00 | 195 | 1:11 | 20.50 | 1:02:33 | 19.66 | 22 | 6:05 | 229 | 14:29 |
| Rad Total | 20.00 | 44:09 | 27.18 | 15 | 7:21 | 178 | 23:57 | 20.50 | 1:02:33 | 19.66 | 22 | 6:05 | 229 | 14:29 |
| ZZ Lauf | 2.50 | 14:20 | 10.47 | 14 | 4:20 | 193 | 6:21 | 23.00 | 1:16:53 | 17.95 | 22 | 8:47 | 228 | 19:58 |
| Lauf Ziel | 2.50 | 16:03 | 9.35 | 16 | 5:24 | 204 | 7:30 | 25.50 | 1:32:56 | 16.46 | 16 | 23:10 | 195 | 34:55 |
| Lauf Total | 5.00 | 30:23 | 9.87 | 16 | 9:29 | 203 | 13:44 | 25.50 | 1:32:56 | 16.46 | 16 | 23:10 | 195 | 34:55 |