



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Glanzner, Stephan

Total time: 1:13:30

Club: Allumbar

Number: 220

Course: 25.50 km

Rank in course/Total: 62 (of 313)

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

Rank in course/Men: 59 (of 231)

Best time in course: 58:01

Category:

Rank in category: 8(of 39)

Senioren 2 (TM 45)

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	9:08	3.28	3	0:29	25	2:05	0.50	9:08	3.28	40		232	
Wechsel S->R	-	2:33	-	18	0:57	109	1:25	0.50	11:41	2.57	40		232	
Schwimmen Total	0.50	11:41	2.57	40		232		0.50	11:41	2.57	40		232	
ZZ Rad	5.75	7:40	45.00	8	0:23	51	1:14	6.25	19:21	19.38	40		232	0:07
ZZ Rad	4.25	10:40	23.91	12	0:46	58	1:25	10.50	30:01	20.99	39		227	0:42
ZZ Rad	4.25	10:30	24.29	10	0:36	49	1:11	14.75	40:31	21.84	39		227	1:11
Rad Ziel	5.75	8:21	41.32	12	0:36	65	3:44	20.50	48:52	25.17	40		232	1:44
Rad Net	20.00	37:11	32.27	10	2:19	58	19:02	20.50	48:52	25.17	40		232	1:44
Wechsel R->L	-	1:19	-	27	0:48	162	0:50	20.50	50:11	24.51	39		229	2:07
Rad Total	20.00	38:30	31.17	10	2:51	61	18:18	20.50	50:11	24.51	39		229	2:07
ZZ Lauf	2.50	11:26	13.12	19	2:09	90	3:27	23.00	1:01:37	22.40	39		228	4:42
Lauf Ziel	2.50	11:53	12.62	18	2:23	87	3:20	25.50	1:13:30	20.82	8	6:00	59	15:29
Lauf Total	5.00	23:19	12.87	18	4:32	87	6:40	25.50	1:13:30	20.82	8	6:00	59	15:29