



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Kaltenmorgen, Norbert

Total time: 1:16:30

Club: SKV Mörfelden Team MöWathlon

Number: 28

Course: 25.50 km

Rank in course/Total: 96 (of 313)

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

Rank in course/Men: 85 (of 231)

Best time in course: 58:01

Category:

Rank in category: 10(of 33)

Senioren 3 (TM 50)

Best time in the category: 1:04:59

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	13:29	2.22	27	5:32	196	6:26	0.50	13:29	2.22	34	2:51	17	3:51
Wechsel S->R	-	2:07	-	10	0:39	53	0:59	0.50	15:36	1.92	34	2:02	17	3:44
Schwimmen Total	0.50	15:36	1.92	34	2:02	17	3:44	0.50	15:36	1.92	34	2:02	17	3:44
ZZ Rad	5.75	7:34	45.59	8	0:34	46	1:08	6.25	23:10	16.19	34	0:31	17	3:56
ZZ Rad	4.25	10:34	24.13	10	1:02	55	1:19	10.50	33:44	18.68	33		17	4:25
ZZ Rad	4.25	10:31	24.25	8	1:09	51	1:12	14.75	44:15	20.00	33		17	4:55
Rad Ziel	5.75	8:18	41.57	9	0:54	58	3:41	20.50	52:33	23.41	34		17	5:25
Rad Net	20.00	36:57	32.48	10	18:16	56	18:48	20.50	52:33	23.41	34		17	5:25
Wechsel R->L	-	0:37	-	2	0:03	12	0:08	20.50	53:10	23.13	33		17	5:06
Rad Total	20.00	37:34	31.94	7	3:27	46	17:22	20.50	53:10	23.13	33		17	5:06
ZZ Lauf	2.50	11:21	13.22	11	1:27	84	3:22	23.00	1:04:31	21.39	33		17	7:36
Lauf Ziel	2.50	11:59	12.52	11	1:44	94	3:26	25.50	1:16:30	20.00	10	11:31	85	18:29
Lauf Total	5.00	23:20	12.86	11	2:55	88	6:41	25.50	1:16:30	20.00	10	11:31	85	18:29