



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Nassau, Joerg

Club: TV Groß-Gerau

Number: 206

Course: 25.50 km

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

Category:

Senioren 1 (TM 40)

Total time: 1:17:10

Rank in course/Total: 105 (of 313)

Rank in course/Men: 94 (of 231)

Best time in course: 58:01

Rank in category: 16(of 38)

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	7:18	4.11	1	-	2	0:15	0.50	7:18	4.11	39		232	
Wechsel S->R	-	2:23	-	19	0:40	90	1:15	0.50	9:41	3.10	39		232	
Schwimmen Total	0.50	9:41	3.10	39		232		0.50	9:41	3.10	39		232	
ZZ Rad	5.75	8:13	41.99	21	1:29	128	1:47	6.25	17:54	20.95	39		232	
ZZ Rad	4.25	10:51	23.50	10	1:16	71	1:36	10.50	28:45	21.91	39	0:40	227	
ZZ Rad	4.25	10:52	23.47	12	1:22	80	1:33	14.75	39:37	22.34	39	1:44	227	0:17
Rad Ziel	5.75	8:27	40.83	11	1:08	72	3:50	20.50	48:04	25.59	39	2:15	232	0:56
Rad Net	20.00	38:23	31.26	13	5:03	87	20:14	20.50	48:04	25.59	39	2:15	232	0:56
Wechsel R->L	-	1:02	-	21	0:33	98	0:33	20.50	49:06	25.05	39	2:31	229	1:02
Rad Total	20.00	39:25	30.44	13	5:22	83	19:13	20.50	49:06	25.05	39	2:31	229	1:02
ZZ Lauf	2.50	13:35	11.04	34	4:01	178	5:36	23.00	1:02:41	22.02	39	6:31	228	5:46
Lauf Ziel	2.50	14:29	10.36	38	4:46	183	5:56	25.50	1:17:10	19.83	16	11:39	94	19:09
Lauf Total	5.00	28:04	10.69	37	8:47	183	11:25	25.50	1:17:10	19.83	16	11:39	94	19:09