



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Gillner, Axel

Total time: 1:19:56

Club: TSV Otterndorf

Number: 229

Course: 25.50 km

Rank in course/Total: 141 (of 313)

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

Rank in course/Men: 124 (of 231)

Best time in course: 58:01

Category:

Rank in category: 9(of 21)

Senioren 4 (TM 55)

Best time in the category: 1:09:46

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	13:21	2.25	16	5:32	193	6:18	0.50	13:21	2.25	1	-	232	3:43
Wechsel S->R	-	2:36	-	10	0:49	114	1:28	0.50	15:57	1.88	1	-	232	4:05
Schwimmen Total	0.50	15:57	1.88	1	-	232	4:05	0.50	15:57	1.88	1	-	232	4:05
ZZ Rad	5.75	7:46	44.42	5	0:34	64	1:20	6.25	23:43	15.81	1	-	232	4:29
ZZ Rad	4.25	11:00	23.18	7	0:55	91	1:45	10.50	34:43	18.15	1	-	227	5:24
ZZ Rad	4.25	11:19	22.53	9	1:14	121	2:00	14.75	46:02	19.23	1	-	227	6:42
Rad Ziel	5.75	8:59	38.40	9	0:58	129	4:22	20.50	55:01	22.36	1	-	232	7:53
Rad Net	20.00	39:04	30.72	9	3:26	108	20:55	20.50	55:01	22.36	1	-	232	7:53
Wechsel R->L	-	1:27	-	18	0:47	180	0:58	20.50	56:28	21.78	1	-	229	8:24
Rad Total	20.00	40:31	29.62	9	3:43	113	20:19	20.50	56:28	21.78	1	-	229	8:24
ZZ Lauf	2.50	11:38	12.89	8	1:38	98	3:39	23.00	1:08:06	20.26	1	-	228	11:11
Lauf Ziel	2.50	11:50	12.68	5	1:11	85	3:17	25.50	1:19:56	19.14	9	10:10	124	21:55
Lauf Total	5.00	23:28	12.78	7	2:34	92	6:49	25.50	1:19:56	19.14	9	10:10	124	21:55