



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Ruhs, Mirko

Total time: 1:03:20

Number: 256

Course: 25.50 km

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

Rank in course/Total: 3 (of 313)

Rank in course/Men: 3 (of 231)

Best time in course: 58:01

Category:

männliche AK 4 (TM 35)

Rank in category: 1(of 28)

Best time in the category: 1:03:20

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	8:40	3.46	2	0:30	17	1:37	0.50	8:40	3.46	18		232	
Wechsel S->R	-	1:51	-	5	0:19	24	0:43	0.50	10:31	2.85	18		232	
Schwimmen Total	0.50	10:31	2.85	18		232		0.50	10:31	2.85	18		232	
ZZ Rad	5.75	6:50	50.49	1	-	4	0:24	6.25	17:21	21.61	18		232	
ZZ Rad	4.25	9:29	26.89	1	-	3	0:14	10.50	26:50	23.48	27		227	
ZZ Rad	4.25	9:34	26.66	2	0:04	8	0:15	14.75	36:24	24.31	27		227	
Rad Ziel	5.75	7:30	46.00	2	0:05	7	2:53	20.50	43:54	28.02	18		232	
Rad Net	20.00	33:23	35.95	3	15:14	9	15:14	20.50	43:54	28.02	18		232	
Wechsel R->L	-	0:48	-	4	0:05	41	0:19	20.50	44:42	27.52	28		229	
Rad Total	20.00	34:11	35.10	2	13:59	7	13:59	20.50	44:42	27.52	28		229	
ZZ Lauf	2.50	9:02	16.61	2	0:11	5	1:03	23.00	53:44	25.68	27		228	
Lauf Ziel	2.50	9:36	15.63	2	0:11	9	1:03	25.50	1:03:20	24.16	1	-	3	5:19
Lauf Total	5.00	18:38	16.10	2	0:22	6	1:59	25.50	1:03:20	24.16	1	-	3	5:19