



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Romig, Christopher

Total time: 1:23:22

Number: 214

Course: 25.50 km

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

Rank in course/Total: 178 (of 313)

Rank in course/Men: 154 (of 231)

Best time in course: 58:01

Category:

männliche AK 3 (TM 30)

Rank in category: 15(of 20)

Best time in the category: 1:00:52

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	9:59	3.01	5	1:44	58	2:56	0.50	9:59	3.01	12		232	0:21
Wechsel S->R	-	2:53	-	11	1:18	127	1:45	0.50	12:52	2.33	12		232	1:00
Schwimmen Total	0.50	12:52	2.33	12		232	1:00	0.50	12:52	2.33	12		232	1:00
ZZ Rad	5.75	8:40	39.81	16	2:14	178	2:14	6.25	21:32	17.41	12		232	2:18
ZZ Rad	4.25	11:56	21.37	15	2:32	170	2:41	10.50	33:28	18.82	12		227	4:09
ZZ Rad	4.25	12:10	20.96	16	2:46	174	2:51	14.75	45:38	19.39	12		227	6:18
Rad Ziel	5.75	9:21	36.90	16	1:54	162	4:44	20.50	54:59	22.37	12		232	7:51
Rad Net	20.00	42:07	28.49	16	9:00	174	23:58	20.50	54:59	22.37	12		232	7:51
Wechsel R->L	-	1:30	-	20	0:55	184	1:01	20.50	56:29	21.78	12		229	8:25
Rad Total	20.00	43:37	27.51	16	9:53	171	23:25	20.50	56:29	21.78	12		229	8:25
ZZ Lauf	2.50	13:25	11.18	18	5:14	170	5:26	23.00	1:09:54	19.74	12		228	12:59
Lauf Ziel	2.50	13:28	11.14	17	4:55	157	4:55	25.50	1:23:22	18.35	15	22:30	154	25:21
Lauf Total	5.00	26:53	11.16	17	10:09	165	10:14	25.50	1:23:22	18.35	15	22:30	154	25:21