



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Rosenbaum, Jens

Total time: 1:24:27

Club: FuFu

Number: 225

Course: 25.50 km

Rank in course/Total: 193 (of 313)

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

Rank in course/Men: 162 (of 231)

Best time in course: 58:01

Category:

Rank in category: 22(of 28)

männliche AK 4 (TM 35)

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	13:02	2.30	26	4:52	188	5:59	0.50	13:02	2.30	29	3:30	232	3:24
Wechsel S->R	-	3:40	-	24	2:08	181	2:32	0.50	16:42	1.80	29	5:07	232	4:50
Schwimmen Total	0.50	16:42	1.80	29	5:07	232	4:50	0.50	16:42	1.80	29	5:07	232	4:50
ZZ Rad	5.75	8:07	42.51	19	1:17	112	1:41	6.25	24:49	15.11	29	5:17	232	5:35
ZZ Rad	4.25	11:16	22.63	15	1:47	115	2:01	10.50	36:05	17.46	15		227	6:46
ZZ Rad	4.25	11:09	22.87	17	1:39	109	1:50	14.75	47:14	18.74	15		227	7:54
Rad Ziel	5.75	8:45	39.43	15	1:20	100	4:08	20.50	55:59	21.97	29	6:03	232	8:51
Rad Net	20.00	39:17	30.55	19	21:08	114	21:08	20.50	55:59	21.97	29	6:03	232	8:51
Wechsel R->L	-	1:31	-	23	0:48	185	1:02	20.50	57:30	21.39	16		229	9:26
Rad Total	20.00	40:48	29.41	18	20:36	120	20:36	20.50	57:30	21.39	16		229	9:26
ZZ Lauf	2.50	12:37	11.89	19	3:46	146	4:38	23.00	1:10:07	19.68	15		228	13:12
Lauf Ziel	2.50	14:20	10.47	24	4:55	180	5:47	25.50	1:24:27	18.12	22	21:07	162	26:26
Lauf Total	5.00	26:57	11.13	22	8:41	167	10:18	25.50	1:24:27	18.12	22	21:07	162	26:26