



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Reinhardt, Stefan

Total time: 1:26:04

Club: Meyer Runners Frankenthal

Number: 196

Course: 25.50 km

Rank in course/Total: 204 (of 313)

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

Rank in course/Men: 171 (of 231)

Best time in course: 58:01

Category:

Rank in category: 30(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:07:30

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	14:37	2.05	36	5:58	214	7:34	0.50	14:37	2.05	40	2:23	232	4:59
Wechsel S->R	-	3:10	-	24	1:34	146	2:02	0.50	17:47	1.69	40	3:13	232	5:55
Schwimmen Total	0.50	17:47	1.69	40	3:13	232	5:55	0.50	17:47	1.69	40	3:13	232	5:55
ZZ Rad	5.75	8:47	39.28	30	1:30	185	2:21	6.25	26:34	14.12	40	4:13	232	7:20
ZZ Rad	4.25	12:34	20.29	34	2:40	191	3:19	10.50	39:08	16.10	39	5:34	227	9:49
ZZ Rad	4.25	12:37	20.21	35	2:43	194	3:18	14.75	51:45	17.10	39	7:01	227	12:25
Rad Ziel	5.75	9:56	34.73	33	2:11	189	5:19	20.50	1:01:41	19.94	40	8:04	232	14:33
Rad Net	20.00	43:54	27.33	32	9:02	192	25:45	20.50	1:01:41	19.94	40	8:04	232	14:33
Wechsel R->L	-	0:48	-	4	0:17	41	0:19	20.50	1:02:29	19.69	39	7:42	229	14:25
Rad Total	20.00	44:42	26.85	29	9:03	183	24:30	20.50	1:02:29	19.69	39	7:42	229	14:25
ZZ Lauf	2.50	11:38	12.89	20	2:21	98	3:39	23.00	1:14:07	18.62	39	9:06	228	17:12
Lauf Ziel	2.50	11:57	12.55	19	2:27	92	3:24	25.50	1:26:04	17.78	30	18:34	171	28:03
Lauf Total	5.00	23:35	12.72	20	4:48	96	6:56	25.50	1:26:04	17.78	30	18:34	171	28:03