



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Löhndorf, Thomas

Total time: 1:18:36

Number: 19

Course: 25.50 km

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

Rank in course/Total: 121 (of 313)

Rank in course/Men: 108 (of 231)

Best time in course: 58:01

Category:

Senioren 3 (TM 50)

Rank in category: 14(of 33)

Best time in the category: 1:04:59

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	12:33	2.39	24	4:36	172	5:30	0.50	12:33	2.39	34	1:55	18	2:55
Wechsel S->R	-	2:22	-	12	0:54	89	1:14	0.50	14:55	2.01	34	1:21	20	3:03
Schwimmen Total	0.50	14:55	2.01	34	1:21	20	3:03	0.50	14:55	2.01	34	1:21	20	3:03
ZZ Rad	5.75	7:50	44.04	14	0:50	73	1:24	6.25	22:45	16.48	34	0:06	20	3:31
ZZ Rad	4.25	10:49	23.57	11	1:17	69	1:34	10.50	33:34	18.77	33		14	4:15
ZZ Rad	4.25	10:43	23.79	11	1:21	66	1:24	14.75	44:17	19.98	33		20	4:57
Rad Ziel	5.75	8:11	42.16	7	0:47	46	3:34	20.50	52:28	23.44	34		20	5:20
Rad Net	20.00	37:33	31.96	12	18:52	66	19:24	20.50	52:28	23.44	34		20	5:20
Wechsel R->L	-	1:06	-	10	0:32	116	0:37	20.50	53:34	22.96	33		20	5:30
Rad Total	20.00	38:39	31.05	10	4:32	63	18:27	20.50	53:34	22.96	33		20	5:30
ZZ Lauf	2.50	12:35	11.92	20	2:41	145	4:36	23.00	1:06:09	20.86	33		20	9:14
Lauf Ziel	2.50	12:27	12.05	17	2:12	119	3:54	25.50	1:18:36	19.47	14	13:37	108	20:35
Lauf Total	5.00	25:02	11.98	19	4:37	131	8:23	25.50	1:18:36	19.47	14	13:37	108	20:35