11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Stegmann, Danny

Total time: 1:19:40

Number: 253

Course: 25.50 km
Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 136 (of 313)
Rank in course/Men: 119 (of 231)
Best time in course: 58:01

Category:
männliche AK 4 (TM 35)

Rank in category: 18(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	9:10	3.27	5	1:00	26	2:07	0.50	9:10	3.27	12		232	
Wechsel S->R	-	3:51	-	25	2:19	194	2:43	0.50	13:01	2.30	12	1:26	232	1:09
Schwimmen Tota	0.50	13:01	2.30	12	1:26	232	1:09	0.50	13:01	2.30	12	1:26	232	1:09
ZZ Rad	5.75	8:05	42.68	16	1:15	106	1:39	6.25	21:06	17.77	12	1:34	232	1:52
ZZ Rad	4.25	11:04	23.04	14	1:35	94	1:49	10.50	32:10	19.59	27		227	2:51
ZZ Rad	4.25	10:57	23.29	13	1:27	89	1:38	14.75	43:07	20.53	27		227	3:47
Rad Ziel	5.75	8:53	38.84	17	1:28	114	4:16	20.50	52:00	23.65	12	2:04	232	4:52
Rad Net	20.00	38:59	30.78	18	20:50	104	20:50	20.50	52:00	23.65	12	2:04	232	4:52
Wechsel R->L	-	1:49	-	25	1:06	204	1:20	20.50	53:49	22.86	28		229	5:45
Rad Total	20.00	40:48	29.41	19	20:36	121	20:36	20.50	53:49	22.86	28		229	5:45
ZZ Lauf	2.50	12:38	11.87	20	3:47	147	4:39	23.00	1:06:27	20.77	27		228	9:32
Lauf Ziel	2.50	13:13	11.35	20	3:48	150	4:40	25.50	1:19:40	19.21	18	16:20	119	21:39
Lauf Total	5.00	25:51	11.61	19	7:35	149	9:12	25.50	1:19:40	19.21	18	16:20	119	21:39