



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

## Detailed evaluation

Niegel, Jörg

Total time: 1:21:28

Club: Team Erdinger Alkoholfrei

Number: 259

Course: 25.50 km

Rank in course/Total: 158 (of 313)

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

Rank in course/Men: 137 (of 231)

Best time in course: 58:01

Category:

Rank in category: 25(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:07:30

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 9:58          | 3.01          | 6           | 1:19           | 56         | 2:55          | 0.50        | 9:58          | 3.01          | 13          |                | 232        | 0:20          |
| Wechsel S->R    | -           | 2:02          | -             | 4           | 0:26           | 44         | 0:54          | 0.50        | 12:00         | 2.50          | 13          |                | 232        | 0:08          |
| Schwimmen Total | 0.50        | 12:00         | 2.50          | 13          |                | 232        | 0:08          | 0.50        | 12:00         | 2.50          | 13          |                | 232        | 0:08          |
| ZZ Rad          | 5.75        | 16:18         | 21.17         | 39          | 9:01           | 231        | 9:52          | 6.25        | 28:18         | 13.25         | 13          | 5:57           | 232        | 9:04          |
| ZZ Rad          | 4.25        | 10:15         | 24.88         | 6           | 0:21           | 34         | 1:00          | 10.50       | 38:33         | 16.34         | 13          | 4:59           | 227        | 9:14          |
| ZZ Rad          | 4.25        | 10:16         | 24.84         | 5           | 0:22           | 32         | 0:57          | 14.75       | 48:49         | 18.13         | 13          | 4:05           | 227        | 9:29          |
| Rad Ziel        | 5.75        | 8:07          | 42.51         | 5           | 0:22           | 37         | 3:30          | 20.50       | 56:56         | 21.60         | 13          | 3:19           | 232        | 9:48          |
| Rad Net         | 20.00       | 44:56         | 26.71         | 35          | 10:04          | 203        | 26:47         | 20.50       | 56:56         | 21.60         | 13          | 3:19           | 232        | 9:48          |
| Wechsel R->L    | -           | 1:08          | -             | 18          | 0:37           | 124        | 0:39          | 20.50       | 58:04         | 21.18         | 13          | 3:17           | 229        | 10:00         |
| Rad Total       | 20.00       | 46:04         | 26.05         | 34          | 10:25          | 198        | 25:52         | 20.50       | 58:04         | 21.18         | 13          | 3:17           | 229        | 10:00         |
| ZZ Lauf         | 2.50        | 11:12         | 13.39         | 17          | 1:55           | 79         | 3:13          | 23.00       | 1:09:16       | 19.92         | 13          | 4:15           | 228        | 12:21         |
| Lauf Ziel       | 2.50        | 12:12         | 12.30         | 20          | 2:42           | 105        | 3:39          | 25.50       | 1:21:28       | 18.78         | 25          | 13:58          | 137        | 23:27         |
| Lauf Total      | 5.00        | 23:24         | 12.82         | 19          | 4:37           | 89         | 6:45          | 25.50       | 1:21:28       | 18.78         | 25          | 13:58          | 137        | 23:27         |