11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Nitsch, Michael

Total time: 1:04:44

Club: Tschu Tschu
Number: 295

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

Rank in course/Total: 5 (of 313)
Rank in course/Men: 5 (of 231)
Best time in course: 58:01

Category:
männliche AK 4 (TM 35)

Rank in category: 2(of 28)
Best time in the category: 1:03:20

Intermediate times

Control	Split km	Split Time	Split km/h	Stage score Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Total ranking Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:10	3.67	1	-	9	1:07	0.50	8:10	3.67	29		232	
Wechsel S->R	-	1:52	-	6	0:20	26	0:44	0.50	10:02	2.99	29		232	
Schwimmen Tota	0.50	10:02	2.99	29		232		0.50	10:02	2.99	29		232	
ZZ Rad	5.75	6:55	49.88	2	0:05	6	0:29	6.25	16:57	22.12	29		232	
ZZ Rad	4.25	9:40	26.38	2	0:11	8	0:25	10.50	26:37	23.67	27		227	
ZZ Rad	4.25	9:30	26.84	1	-	5	0:11	14.75	36:07	24.50	27		227	
Rad Ziel	5.75	7:25	46.52	1	-	5	2:48	20.50	43:32	28.25	29		232	
Rad Net	20.00	33:30	35.82	4	15:21	10	15:21	20.50	43:32	28.25	29		232	
Wechsel R->L	-	0:45	-	3	0:02	32	0:16	20.50	44:17	27.78	28		229	
Rad Total	20.00	34:15	35.04	3	14:03	9	14:03	20.50	44:17	27.78	28		229	
ZZ Lauf	2.50	10:03	14.93	4	1:12	27	2:04	23.00	54:20	25.40	27		228	
Lauf Ziel	2.50	10:24	14.42	5	0:59	29	1:51	25.50	1:04:44	23.64	2	1:24	5	6:43
Lauf Total	5.00	20:27	14.67	5	2:11	26	3:48	25.50	1:04:44	23.64	2	1:24	5	6:43