



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Niebauer, Jan

Total time: 1:05:59

Club: Team Pfälzer Land

Number: 301

Course: 25.50 km

Rank in course/Total: 11 (of 313)

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

Rank in course/Men: 11 (of 231)

Best time in course: 58:01

Category:

Rank in category: 3(of 20)

männliche AK 3 (TM 30)

Best time in the category: 1:00:52

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	10:02	2.99	6	1:47	62	2:59	0.50	10:02	2.99	21		232	0:24
Wechsel S->R	-	1:51	-	4	0:16	24	0:43	0.50	11:53	2.52	21		232	0:01
Schwimmen Total	0.50	11:53	2.52	21		232	0:01	0.50	11:53	2.52	21		232	0:01
ZZ Rad	5.75	6:50	50.49	2	0:24	4	0:24	6.25	18:43	20.04	21		232	
ZZ Rad	4.25	9:24	27.13	1	-	2	0:09	10.50	28:07	22.41	21		227	
ZZ Rad	4.25	9:26	27.03	2	0:02	4	0:07	14.75	37:33	23.57	21		227	
Rad Ziel	5.75	7:27	46.31	1	-	6	2:50	20.50	45:00	27.33	21		232	
Rad Net	20.00	33:07	36.24	1	-	6	14:58	20.50	45:00	27.33	21		232	
Wechsel R->L	-	0:37	-	3	0:02	12	0:08	20.50	45:37	26.96	21		229	
Rad Total	20.00	33:44	35.57	1	-	4	13:32	20.50	45:37	26.96	21		229	
ZZ Lauf	2.50	10:21	14.49	6	2:10	43	2:22	23.00	55:58	24.66	21		228	
Lauf Ziel	2.50	10:01	14.98	5	1:28	17	1:28	25.50	1:05:59	23.19	3	5:07	11	7:58
Lauf Total	5.00	20:22	14.73	6	3:38	24	3:43	25.50	1:05:59	23.19	3	5:07	11	7:58