11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Lied, Michael

Total time: 1:19:15

Number: 23

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

Rank in course/Total: 129 (of 313)
Rank in course/Men: 113 (of 231)
Best time in course: 58:01

Category:
Senioren 2 (TM 45)

Rank in category: 19(of 39)
Best time in the category: 1:07:30

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	11:39	2.58	21	3:00	141	4:36	0.50	11:39	2.58	40		24	2:01
Wechsel S->R	-	2:14	-	10	0:38	66	1:06	0.50	13:53	2.16	40		24	2:01
Schwimmen Tota	0.50	13:53	2.16	40		24	2:01	0.50	13:53	2.16	40		24	2:01
ZZ Rad	5.75	8:17	41.65	23	1:00	138	1:51	6.25	22:10	16.92	40		24	2:56
ZZ Rad	4.25	11:28	22.24	27	1:34	138	2:13	10.50	33:38	18.73	39	0:04	24	4:19
ZZ Rad	4.25	10:16	24.84	5	0:22	32	0:57	14.75	43:54	20.16	39		24	4:34
Rad Ziel	5.75	10:09	33.99	35	2:24	201	5:32	20.50	54:03	22.76	40	0:26	24	6:55
Rad Net	20.00	40:10	29.88	24	5:18	137	22:01	20.50	54:03	22.76	40	0:26	24	6:55
Wechsel R->L	-	0:51	-	6	0:20	59	0:22	20.50	54:54	22.40	39	0:07	24	6:50
Rad Total	20.00	41:01	29.26	23	5:22	130	20:49	20.50	54:54	22.40	39	0:07	24	6:50
ZZ Lauf	2.50	11:51	12.66	21	2:34	108	3:52	23.00	1:06:45	20.67	39	1:44	24	9:50
Lauf Ziel	2.50	12:30	12.00	22	3:00	123	3:57	25.50	1:19:15	19.31	19	11:45	113	21:14
Lauf Total	5.00	24:21	12.32	21	5:34	110	7:42	25.50	1:19:15	19.31	19	11:45	113	21:14