11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Niefer, Jens

Total time: 1:09:56

Number: 318

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

Rank in course/Total: 32 (of 313)
Rank in course/Men: 30 (of 231)
Best time in course: 58:01

Category:
männliche AK 3 (TM 30)

Rank in category: 5(of 20)
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	9:41	3.10	4	1:26	48	2:38	0.50	9:41	3.10	21		232	0:03
Wechsel S->R	-	1:49	-	3	0:14	21	0:41	0.50	11:30	2.61	21		232	
Schwimmen Tota	0.50	11:30	2.61	21		232		0.50	11:30	2.61	21		232	
ZZ Rad	5.75	8:05	42.68	10	1:39	106	1:39	6.25	19:35	19.15	21		232	0:21
ZZ Rad	4.25	10:51	23.50	8	1:27	71	1:36	10.50	30:26	20.70	21		227	1:07
ZZ Rad	4.25	10:48	23.61	8	1:24	70	1:29	14.75	41:14	21.46	21		227	1:54
Rad Ziel	5.75	8:36	40.12	10	1:09	84	3:59	20.50	49:50	24.68	21		232	2:42
Rad Net	20.00	38:20	31.30	9	5:13	83	20:11	20.50	49:50	24.68	21		232	2:42
Wechsel R->L	-	0:55	-	9	0:20	74	0:26	20.50	50:45	24.24	21		229	2:41
Rad Total	20.00	39:15	30.57	9	5:31	79	19:03	20.50	50:45	24.24	21		229	2:41
ZZ Lauf	2.50	9:32	15.73	4	1:21	13	1:33	23.00	1:00:17	22.89	21		228	3:22
Lauf Ziel	2.50	9:39	15.54	3	1:06	11	1:06	25.50	1:09:56	21.88	5	9:04	30	11:55
Lauf Total	5.00	19:11	15.64	3	2:27	11	2:32	25.50	1:09:56	21.88	5	9:04	30	11:55