



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Kissel, Ralf

Total time: 1:19:03

Club: Heppenheimer Skiclub

Number: 48

Course: 25.50 km

Rank in course/Total: 128 (of 313)

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

Rank in course/Men: 112 (of 231)

Best time in course: 58:01

Category:

Rank in category: 23(of 38)

Senioren 1 (TM 40)

Best time in the category: 1:05:31

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	9:11	3.27	7	1:53	28	2:08	0.50	9:11	3.27	39	0:10	25	
Wechsel S->R	-	3:17	-	31	1:34	156	2:09	0.50	12:28	2.41	39	1:37	25	0:36
Schwimmen Total	0.50	12:28	2.41	39	1:37	25	0:36	0.50	12:28	2.41	39	1:37	25	0:36
ZZ Rad	5.75	8:14	41.90	24	1:30	131	1:48	6.25	20:42	18.12	39	2:26	25	1:28
ZZ Rad	4.25	11:26	22.30	24	1:51	135	2:11	10.50	32:08	19.61	39	4:03	25	2:49
ZZ Rad	4.25	11:21	22.47	21	1:51	125	2:02	14.75	43:29	20.35	39	5:36	25	4:09
Rad Ziel	5.75	8:45	39.43	18	1:26	100	4:08	20.50	52:14	23.55	39	6:25	25	5:06
Rad Net	20.00	39:46	30.18	22	6:26	127	21:37	20.50	52:14	23.55	39	6:25	25	5:06
Wechsel R->L	-	1:23	-	33	0:54	174	0:54	20.50	53:37	22.94	39	7:02	25	5:33
Rad Total	20.00	41:09	29.16	23	7:06	132	20:57	20.50	53:37	22.94	39	7:02	25	5:33
ZZ Lauf	2.50	13:15	11.32	31	3:41	164	5:16	23.00	1:06:52	20.64	39	10:42	25	9:57
Lauf Ziel	2.50	12:11	12.31	21	2:28	104	3:38	25.50	1:19:03	19.35	23	13:32	112	21:02
Lauf Total	5.00	25:26	11.80	24	6:09	143	8:47	25.50	1:19:03	19.35	23	13:32	112	21:02