



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Lenhart, Stefan

Total time: 1:15:29

Club: MTG Running

Number: 333

Course: 25.50 km

Rank in course/Total: 80 (of 313)

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

Rank in course/Men: 73 (of 231)

Best time in course: 58:01

Category:

Rank in category: 11(of 28)

männliche AK 4 (TM 35)

Best time in the category: 1:03:20

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	11:37	2.58	20	3:27	140	4:34	0.50	11:37	2.58	29	2:05	232	1:59
Wechsel S->R	-	2:07	-	11	0:35	53	0:59	0.50	13:44	2.18	29	2:09	232	1:52
Schwimmen Total	0.50	13:44	2.18	29	2:09	232	1:52	0.50	13:44	2.18	29	2:09	232	1:52
ZZ Rad	5.75	8:00	43.13	14	1:10	93	1:34	6.25	21:44	17.25	29	2:12	232	2:30
ZZ Rad	4.25	11:28	22.24	20	1:59	138	2:13	10.50	33:12	18.98	27		227	3:53
ZZ Rad	4.25	11:24	22.37	19	1:54	127	2:05	14.75	44:36	19.84	27		227	5:16
Rad Ziel	5.75	9:10	37.64	22	1:45	143	4:33	20.50	53:46	22.88	29	3:50	232	6:38
Rad Net	20.00	40:02	29.98	21	21:53	134	21:53	20.50	53:46	22.88	29	3:50	232	6:38
Wechsel R->L	-	0:49	-	7	0:06	48	0:20	20.50	54:35	22.53	28		229	6:31
Rad Total	20.00	40:51	29.38	20	20:39	124	20:39	20.50	54:35	22.53	28		229	6:31
ZZ Lauf	2.50	10:11	14.73	6	1:20	35	2:12	23.00	1:04:46	21.31	27		228	7:51
Lauf Ziel	2.50	10:43	14.00	7	1:18	38	2:10	25.50	1:15:29	20.27	11	12:09	73	17:28
Lauf Total	5.00	20:54	14.35	6	2:38	36	4:15	25.50	1:15:29	20.27	11	12:09	73	17:28