



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

## Detailed evaluation

Keilmann, Christian

Total time: 1:22:30

Club: DLRG Lorsch e.V.

Number: 2

Course: 25.50 km

Rank in course/Total: 169 (of 313)

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

Rank in course/Men: 146 (of 231)

Best time in course: 58:01

Category:

Rank in category: 31(of 38)

Senioren 1 (TM 40)

Best time in the category: 1:05:31

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 10:26         | 2.88          | 19          | 3:08           | 87         | 3:23          | 0.50        | 10:26         | 2.88          | 39          | 1:25           | 26         | 0:48          |
| Wechsel S->R    | -           | 3:15          | -             | 29          | 1:32           | 152        | 2:07          | 0.50        | 13:41         | 2.19          | 39          | 2:50           | 26         | 1:49          |
| Schwimmen Total | 0.50        | 13:41         | 2.19          | 39          | 2:50           | 26         | 1:49          | 0.50        | 13:41         | 2.19          | 39          | 2:50           | 26         | 1:49          |
| ZZ Rad          | 5.75        | 8:35          | 40.19         | 32          | 1:51           | 169        | 2:09          | 6.25        | 22:16         | 16.84         | 39          | 4:00           | 26         | 3:02          |
| ZZ Rad          | 4.25        | 11:54         | 21.43         | 31          | 2:19           | 168        | 2:39          | 10.50       | 34:10         | 18.44         | 39          | 6:05           | 26         | 4:51          |
| ZZ Rad          | 4.25        | 11:51         | 21.52         | 31          | 2:21           | 164        | 2:32          | 14.75       | 46:01         | 19.23         | 39          | 8:08           | 26         | 6:41          |
| Rad Ziel        | 5.75        | 9:12          | 37.50         | 28          | 1:53           | 145        | 4:35          | 20.50       | 55:13         | 22.28         | 39          | 9:24           | 26         | 8:05          |
| Rad Net         | 20.00       | 41:32         | 28.89         | 31          | 8:12           | 165        | 23:23         | 20.50       | 55:13         | 22.28         | 39          | 9:24           | 26         | 8:05          |
| Wechsel R->L    | -           | 0:59          | -             | 20          | 0:30           | 90         | 0:30          | 20.50       | 56:12         | 21.89         | 39          | 9:37           | 26         | 8:08          |
| Rad Total       | 20.00       | 42:31         | 28.22         | 30          | 8:28           | 160        | 22:19         | 20.50       | 56:12         | 21.89         | 39          | 9:37           | 26         | 8:08          |
| ZZ Lauf         | 2.50        | 12:44         | 11.78         | 27          | 3:10           | 154        | 4:45          | 23.00       | 1:08:56       | 20.02         | 39          | 12:46          | 26         | 12:01         |
| Lauf Ziel       | 2.50        | 13:34         | 11.06         | 32          | 3:51           | 161        | 5:01          | 25.50       | 1:22:30       | 18.55         | 31          | 16:59          | 145        | 24:29         |
| Lauf Total      | 5.00        | 26:18         | 11.41         | 30          | 7:01           | 158        | 9:39          | 25.50       | 1:22:30       | 18.55         | 31          | 16:59          | 145        | 24:29         |