11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Benbow, Patrick

Total time: 1:16:53

Number: 336

Course: 25.50 km

Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 100 (of 313)

Rank in course/Men: 89 (of 231)

Best time in course: 58:01

Category:

männliche AK 4 (TM 35)

Rank in category: 14(of 28)

Best time in the category: 1:03:20

Intermediate times

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
	Stage score							Total ranking						
Schwimmen nett	0.50	10:59	2.73	17	2:49	113	3:56	0.50	10:59	2.73	29	1:27	232	1:21
Wechsel S->R	-	2:21	-	15	0:49	87	1:13	0.50	13:20	2.25	29	1:45	232	1:28
Schwimmen Tota	0.50	13:20	2.25	29	1:45	232	1:28	0.50	13:20	2.25	29	1:45	232	1:28
ZZ Rad	5.75	7:44	44.61	10	0:54	60	1:18	6.25	21:04	17.80	29	1:32	232	1:50
ZZ Rad	4.25	10:54	23.39	11	1:25	78	1:39	10.50	31:58	19.71	27		227	2:39
ZZ Rad	4.25	10:51	23.50	11	1:21	78	1:32	14.75	42:49	20.67	27		227	3:29
Rad Ziel	5.75	8:29	40.67	10	1:04	73	3:52	20.50	51:18	23.98	29	1:22	232	4:10
Rad Net	20.00	37:58	31.61	11	19:49	72	19:49	20.50	51:18	23.98	29	1:22	232	4:10
Wechsel R->L	-	0:52	-	9	0:09	64	0:23	20.50	52:10	23.58	28		229	4:06
Rad Total	20.00	38:50	30.90	10	18:38	69	18:38	20.50	52:10	23.58	28		229	4:06
ZZ Lauf	2.50	12:12	12.30	17	3:21	122	4:13	23.00	1:04:22	21.44	27		228	7:27
Lauf Ziel	2.50	12:31	11.98	16	3:06	124	3:58	25.50	1:16:53	19.90	14	13:33	89	18:52
Lauf Total	5.00	24:43	12.14	17	6:27	122	8:04	25.50	1:16:53	19.90	14	13:33	89	18:52