



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

James-Schulz, Alan

Total time: 1:17:16

Number: 311

Course: 25.50 km

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

Rank in course/Total: 106 (of 313)

Rank in course/Men: 95 (of 231)

Best time in course: 58:01

Category:

männliche AK 1 (TM 20)

Rank in category: 8(of 11)

Best time in the category: 58:01

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	11:26	2.62	9	4:23	130	4:23	0.50	11:26	2.62	12	1:18	232	1:48
Wechsel S->R	-	2:19	-	9	1:11	79	1:11	0.50	13:45	2.18	12	1:23	232	1:53
Schwimmen Total	0.50	13:45	2.18	12	1:23	232	1:53	0.50	13:45	2.18	12	1:23	232	1:53
ZZ Rad	5.75	8:09	42.33	8	1:21	119	1:43	6.25	21:54	17.12	12	1:40	232	2:40
ZZ Rad	4.25	12:09	20.99	9	2:54	176	2:54	10.50	34:03	18.50	11	3:21	227	4:44
ZZ Rad	4.25	12:11	20.93	8	2:52	175	2:52	14.75	46:14	19.14	11	5:10	227	6:54
Rad Ziel	5.75	9:56	34.73	10	2:39	189	5:19	20.50	56:10	21.90	12	6:52	232	9:02
Rad Net	20.00	42:25	28.29	10	19:36	175	24:16	20.50	56:10	21.90	12	6:52	232	9:02
Wechsel R->L	-	0:49	-	6	0:17	48	0:20	20.50	56:59	21.59	12	6:41	229	8:55
Rad Total	20.00	43:14	27.76	10	18:43	169	23:02	20.50	56:59	21.59	12	6:41	229	8:55
ZZ Lauf	2.50	10:04	14.90	5	2:05	28	2:05	23.00	1:07:03	20.58	12	4:47	228	10:08
Lauf Ziel	2.50	10:13	14.68	4	1:33	23	1:40	25.50	1:17:16	19.80	8	19:15	95	19:15
Lauf Total	5.00	20:17	14.79	5	3:38	23	3:38	25.50	1:17:16	19.80	8	19:15	95	19:15