



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Dietrich, Alexander

Total time: 1:22:30

Club: DLRG Lorsch e.V.

Number: 7

Course: 25.50 km

Rank in course/Total: 170 (of 313)

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

Rank in course/Men: 145 (of 231)

Best time in course: 58:01

Category:

Rank in category: 26(of 39)

Senioren 2 (TM 45)

Best time in the category: 1:07:30

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	8:59	3.34	2	0:20	23	1:56	0.50	8:59	3.34	40		27		
Wechsel S->R	-	3:10	-	24	1:34	146	2:02	0.50	12:09	2.47	40		27	0:17	
Schwimmen Total	0.50	12:09	2.47	40		27	0:17	0.50	12:09	2.47	40		27	0:17	
ZZ Rad	5.75	8:14	41.90	21	0:57	131	1:48	6.25	20:23	18.40	40		27	1:09	
ZZ Rad	4.25	11:10	22.84	17	1:16	104	1:55	10.50	31:33	19.97	39		27	2:14	
ZZ Rad	4.25	11:09	22.87	20	1:15	109	1:50	14.75	42:42	20.73	39		27	3:22	
Rad Ziel	5.75	8:45	39.43	15	1:00	100	4:08	20.50	51:27	23.91	40		27	4:19	
Rad Net	20.00	39:18	30.53	18	4:26	115	21:09	20.50	51:27	23.91	40		27	4:19	
Wechsel R->L	-	1:34	-	30	1:03	187	1:05	20.50	53:01	23.20	39		27	4:57	
Rad Total	20.00	40:52	29.36	22	5:13	125	20:40	20.50	53:01	23.20	39		27	4:57	
ZZ Lauf	2.50	15:12	9.87	33	5:55	208	7:13	23.00	1:08:13	20.23	39	3:12	27	11:18	
Lauf Ziel	2.50	14:17	10.50	32	4:47	179	5:44	25.50	1:22:30	18.55	26	15:00	145	24:29	
Lauf Total	5.00	29:29	10.18	32	10:42	191	12:50	25.50	1:22:30	18.55	26	15:00	145	24:29	