



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Gruß, Thomas

Total time: 1:22:40

Number: 332

Course: 25.50 km

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

Rank in course/Total: 173 (of 313)

Rank in course/Men: 149 (of 231)

Best time in course: 58:01

Category:

Senioren 3 (TM 50)

Rank in category: 20(of 33)

Best time in the category: 1:04:59

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	11:36	2.59	21	3:39	136	4:33	0.50	11:36	2.59	34	0:58	232	1:58
Wechsel S->R	-	3:43	-	27	2:15	187	2:35	0.50	15:19	1.96	34	1:45	232	3:27
Schwimmen Total	0.50	15:19	1.96	34	1:45	232	3:27	0.50	15:19	1.96	34	1:45	232	3:27
ZZ Rad	5.75	7:44	44.61	10	0:44	60	1:18	6.25	23:03	16.27	34	0:24	232	3:49
ZZ Rad	4.25	11:05	23.01	17	1:33	96	1:50	10.50	34:08	18.46	33		227	4:49
ZZ Rad	4.25	10:54	23.39	15	1:32	86	1:35	14.75	45:02	19.65	33		227	5:42
Rad Ziel	5.75	8:47	39.28	17	1:23	104	4:10	20.50	53:49	22.86	34		232	6:41
Rad Net	20.00	38:30	31.17	16	19:49	90	20:21	20.50	53:49	22.86	34		232	6:41
Wechsel R->L	-	1:22	-	20	0:48	169	0:53	20.50	55:11	22.29	33		229	7:07
Rad Total	20.00	39:52	30.10	15	5:45	93	19:40	20.50	55:11	22.29	33		229	7:07
ZZ Lauf	2.50	13:37	11.02	25	3:43	180	5:38	23.00	1:08:48	20.06	33		228	11:53
Lauf Ziel	2.50	13:52	10.82	22	3:37	169	5:19	25.50	1:22:40	18.51	19	17:41	148	24:39
Lauf Total	5.00	27:29	10.92	23	7:04	171	10:50	25.50	1:22:40	18.51	19	17:41	148	24:39