11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Gunkel, Jürgen

Total time: 1:28:36

Number: 289

Course: 25.50 km
Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 220 (of 313)
Rank in course/Men: 179 (of 231)
Best time in course: 58:01

Category:
Senioren 4 (TM 55)

Rank in category: 12(of 21)
Best time in the category: 1:09:46

Intermediate times

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Stage score: Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:47	2.35	15	4:58	182	5:44	0.50	12:47	2.35	22		232	3:09
Wechsel S->R	-	4:46	-	20	2:59	217	3:38	0.50	17:33	1.71	22	1:36	232	5:41
Schwimmen Tota	0.50	17:33	1.71	22	1:36	232	5:41	0.50	17:33	1.71	22	1:36	232	5:41
ZZ Rad	5.75	8:25	40.99	11	1:13	152	1:59	6.25	25:58	14.44	22	2:15	232	6:44
ZZ Rad	4.25	11:40	21.86	9	1:35	154	2:25	10.50	37:38	16.74	22	2:55	227	8:19
ZZ Rad	4.25	11:47	21.64	10	1:42	159	2:28	14.75	49:25	17.91	22	3:23	227	10:05
Rad Ziel	5.75	9:13	37.43	11	1:12	147	4:36	20.50	58:38	20.98	22	3:37	232	11:30
Rad Net	20.00	41:05	29.21	11	5:27	159	22:56	20.50	58:38	20.98	22	3:37	232	11:30
Wechsel R->L	-	0:52	-	4	0:12	64	0:23	20.50	59:30	20.67	22	3:02	229	11:26
Rad Total	20.00	41:57	28.61	10	5:09	150	21:45	20.50	59:30	20.67	22	3:02	229	11:26
ZZ Lauf	2.50	13:59	10.73	11	3:59	187	6:00	23.00	1:13:29	18.78	22	5:23	228	16:34
Lauf Ziel	2.50	15:07	9.92	12	4:28	194	6:34	25.50	1:28:36	17.27	12	18:50	179	30:35
Lauf Total	5.00	29:06	10.31	12	8:12	190	12:27	25.50	1:28:36	17.27	12	18:50	179	30:35