



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Bergmann, Ralf

Total time: 1:10:18

Club: LAZ Mosbach Triathlon

Number: 400

Course: 25.50 km

Rank in course/Total: 37 (of 313)

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

Rank in course/Men: 35 (of 231)

Best time in course: 58:01

Category:

Rank in category: 5(of 33)

Senioren 3 (TM 50)

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	11:02	2.72	18	3:05	116	3:59	0.50	11:02	2.72	34	0:24	232	1:24
Wechsel S->R	-	1:59	-	8	0:31	36	0:51	0.50	13:01	2.30	34		232	1:09
Schwimmen Total	0.50	13:01	2.30	34		232	1:09	0.50	13:01	2.30	34		232	1:09
ZZ Rad	5.75	7:24	46.62	4	0:24	30	0:58	6.25	20:25	18.37	34		232	1:11
ZZ Rad	4.25	9:54	25.76	2	0:22	16	0:39	10.50	30:19	20.78	33		227	1:00
ZZ Rad	4.25	9:41	26.33	3	0:19	13	0:22	14.75	40:00	22.13	33		227	0:40
Rad Ziel	5.75	7:39	45.10	2	0:15	14	3:02	20.50	47:39	25.81	34		232	0:31
Rad Net	20.00	34:38	34.65	3	15:57	19	16:29	20.50	47:39	25.81	34		232	0:31
Wechsel R->L	-	0:45	-	4	0:11	32	0:16	20.50	48:24	25.41	33		229	0:20
Rad Total	20.00	35:23	33.91	2	1:16	16	15:11	20.50	48:24	25.41	33		229	0:20
ZZ Lauf	2.50	10:51	13.82	7	0:57	65	2:52	23.00	59:15	23.29	33		228	2:20
Lauf Ziel	2.50	11:03	13.57	6	0:48	55	2:30	25.50	1:10:18	21.76	5	5:19	35	12:17
Lauf Total	5.00	21:54	13.70	6	1:29	59	5:15	25.50	1:10:18	21.76	5	5:19	35	12:17