



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Höning, Michael

Club: TU Kaiserslautern

Number: 370

Course: 25.50 km

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

Category:

männliche AK 2 (TM 25)

Total time: 1:11:26

Rank in course/Total: 44 (of 313)

Rank in course/Men: 41 (of 231)

Best time in course: 58:01

Rank in category: 4(of 15)

Best time in the category: 1:06:58

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	9:32	3.15	4	0:45	43	2:29	0.50	9:32	3.15	16		232	
Wechsel S->R	-	2:31	-	5	1:02	105	1:23	0.50	12:03	2.49	16		232	0:11
Schwimmen Total	0.50	12:03	2.49	16		232	0:11	0.50	12:03	2.49	16		232	0:11
ZZ Rad	5.75	7:48	44.23	4	0:45	69	1:22	6.25	19:51	18.89	16		232	0:37
ZZ Rad	4.25	11:19	22.53	7	1:33	124	2:04	10.50	31:10	20.21	16		227	1:51
ZZ Rad	4.25	11:37	21.95	8	2:06	144	2:18	14.75	42:47	20.69	16		227	3:27
Rad Ziel	5.75	9:12	37.50	8	1:37	145	4:35	20.50	51:59	23.66	16		232	4:51
Rad Net	20.00	39:56	30.05	7	5:40	132	21:47	20.50	51:59	23.66	16		232	4:51
Wechsel R->L	-	0:40	-	2	0:04	18	0:11	20.50	52:39	23.36	16		229	4:35
Rad Total	20.00	40:36	29.56	6	5:22	115	20:24	20.50	52:39	23.36	16		229	4:35
ZZ Lauf	2.50	9:12	16.30	2	0:07	7	1:13	23.00	1:01:51	22.31	16		228	4:56
Lauf Ziel	2.50	9:35	15.65	2	0:18	8	1:02	25.50	1:11:26	21.42	4	4:28	41	13:25
Lauf Total	5.00	18:47	15.97	2	0:25	8	2:08	25.50	1:11:26	21.42	4	4:28	41	13:25