



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Wachtendorf, Helmuth

Total time: 1:11:33

Number: 369

Course: 25.50 km

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

Rank in course/Total: 45 (of 313)

Rank in course/Men: 42 (of 231)

Best time in course: 58:01

Category:

Senioren 2 (TM 45)

Rank in category: 6(of 39)

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	11:36	2.59	20	2:57	136	4:33	0.50	11:36	2.59	40		232	1:58
Wechsel S->R	-	1:47	-	2	0:11	19	0:39	0.50	13:23	2.24	40		232	1:31
Schwimmen Total	0.50	13:23	2.24	40		232	1:31	0.50	13:23	2.24	40		232	1:31
ZZ Rad	5.75	7:38	45.20	7	0:21	49	1:12	6.25	21:01	17.84	40		232	1:47
ZZ Rad	4.25	10:09	25.12	4	0:15	29	0:54	10.50	31:10	20.21	39		227	1:51
ZZ Rad	4.25	10:11	25.04	4	0:17	29	0:52	14.75	41:21	21.40	39		227	2:01
Rad Ziel	5.75	8:07	42.51	5	0:22	37	3:30	20.50	49:28	24.87	40		232	2:20
Rad Net	20.00	36:05	33.26	4	1:13	39	17:56	20.50	49:28	24.87	40		232	2:20
Wechsel R->L	-	0:50	-	5	0:19	56	0:21	20.50	50:18	24.45	39		13	2:14
Rad Total	20.00	36:55	32.51	4	1:16	36	16:43	20.50	50:18	24.45	39		13	2:14
ZZ Lauf	2.50	10:24	14.42	10	1:07	44	2:25	23.00	1:00:42	22.73	39		228	3:47
Lauf Ziel	2.50	10:51	13.82	9	1:21	44	2:18	25.50	1:11:33	21.38	6	4:03	42	13:32
Lauf Total	5.00	21:15	14.12	10	2:28	45	4:36	25.50	1:11:33	21.38	6	4:03	42	13:32