



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Kristek, Matthias

Total time: 1:13:54

Club: TG laudenbach

Number: 375

Course: 25.50 km

Rank in course/Total: 67 (of 313)

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

Rank in course/Men: 63 (of 231)

Best time in course: 58:01

Category:

Rank in category: 11(of 39)

Senioren 2 (TM 45)

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	12:08	2.47	24	3:29	157	5:05	0.50	12:08	2.47	40		232	2:30
Wechsel S->R	-	2:06	-	6	0:30	50	0:58	0.50	14:14	2.11	40		232	2:22
Schwimmen Total	0.50	14:14	2.11	40		232	2:22	0.50	14:14	2.11	40		232	2:22
ZZ Rad	5.75	7:24	46.62	4	0:07	30	0:58	6.25	21:38	17.33	40		232	2:24
ZZ Rad	4.25	10:16	24.84	7	0:22	35	1:01	10.50	31:54	19.75	39		227	2:35
ZZ Rad	4.25	10:32	24.21	12	0:38	56	1:13	14.75	42:26	20.86	39		227	3:06
Rad Ziel	5.75	8:20	41.40	10	0:35	63	3:43	20.50	50:46	24.23	40		232	3:38
Rad Net	20.00	36:32	32.85	6	1:40	44	18:23	20.50	50:46	24.23	40		232	3:38
Wechsel R->L	-	1:00	-	13	0:29	92	0:31	20.50	51:46	23.76	39		229	3:42
Rad Total	20.00	37:32	31.97	6	1:53	45	17:20	20.50	51:46	23.76	39		229	3:42
ZZ Lauf	2.50	10:42	14.02	13	1:25	59	2:43	23.00	1:02:28	22.09	39		228	5:33
Lauf Ziel	2.50	11:26	13.12	16	1:56	68	2:53	25.50	1:13:54	20.70	10	6:24	62	15:53
Lauf Total	5.00	22:08	13.55	15	3:21	66	5:29	25.50	1:13:54	20.70	10	6:24	62	15:53