



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Grundmann, Alexander

Total time: 1:14:15

Club: SC Oberursel

Number: 372

Course: 25.50 km

Rank in course/Total: 69 (of 313)

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

Rank in course/Men: 64 (of 231)

Best time in course: 58:01

Category:

Rank in category: 8(of 20)

männliche AK 3 (TM 30)

Best time in the category: 1:00:52

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	11:27	2.62	14	3:12	131	4:24	0.50	11:27	2.62	21		232	1:49
Wechsel S->R	-	2:42	-	9	1:07	120	1:34	0.50	14:09	2.12	21		232	2:17
Schwimmen Total	0.50	14:09	2.12	21		232	2:17	0.50	14:09	2.12	21		232	2:17
ZZ Rad	5.75	7:59	43.22	9	1:33	89	1:33	6.25	22:08	16.94	21		232	2:54
ZZ Rad	4.25	11:09	22.87	10	1:45	101	1:54	10.50	33:17	18.93	21		227	3:58
ZZ Rad	4.25	11:01	23.15	11	1:37	98	1:42	14.75	44:18	19.98	21		227	4:58
Rad Ziel	5.75	8:41	39.73	11	1:14	93	4:04	20.50	52:59	23.21	21		232	5:51
Rad Net	20.00	38:50	30.90	10	5:43	98	20:41	20.50	52:59	23.21	21		232	5:51
Wechsel R->L	-	1:07	-	15	0:32	120	0:38	20.50	54:06	22.74	21		229	6:02
Rad Total	20.00	39:57	30.04	10	6:13	97	19:45	20.50	54:06	22.74	21		229	6:02
ZZ Lauf	2.50	9:52	15.20	5	1:41	21	1:53	23.00	1:03:58	21.57	21		228	7:03
Lauf Ziel	2.50	10:17	14.59	6	1:44	26	1:44	25.50	1:14:15	20.61	8	13:23	64	16:14
Lauf Total	5.00	20:09	14.89	5	3:25	22	3:30	25.50	1:14:15	20.61	8	13:23	64	16:14