# 11. Triathlon Lorsch

Lorsch / 10.08.2014

## Detailed evaluation

## Vaz, Rudolf

Total time: 1:23:52

## Number: 385

Course: 25.50 km
Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Total: 182 (of 313)
Rank in course/Men: 156 (of 231)
Best time in course: 58:01

Category:
Senioren 1 (TM 40)

Rank in category: 33(of 38)
Best time in the category: 1:05:31

Intermediate times

| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Stage score: Total km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Schwimmen nett | 0.50 | 9:21 | 3.21 | 10 | 2:03 | 33 | 2:18 | 0.50 | 9:21 | 3.21 | 39 | 0:20 | 232 | |
| Wechsel S->R | - | 2:18 | - | 15 | 0:35 | 75 | 1:10 | 0.50 | 11:39 | 2.58 | 39 | 0:48 | 232 | |
| Schwimmen Tota | 0.50 | 11:39 | 2.58 | 39 | 0:48 | 232 | | 0.50 | 11:39 | 2.58 | 39 | 0:48 | 232 | |
| ZZ Rad | 5.75 | 8:35 | 40.19 | 32 | 1:51 | 169 | 2:09 | 6.25 | 20:14 | 18.53 | 39 | 1:58 | 5 | 1:00 |
| ZZ Rad | 4.25 | 12:15 | 20.82 | 33 | 2:40 | 179 | 3:00 | 10.50 | 32:29 | 19.39 | 39 | 4:24 | 227 | 3:10 |
| ZZ Rad | 4.25 | 12:24 | 20.56 | 32 | 2:54 | 181 | 3:05 | 14.75 | 44:53 | 19.72 | 39 | 7:00 | 227 | 5:33 |
| Rad Ziel | 5.75 | 10:08 | 34.05 | 35 | 2:49 | 198 | 5:31 | 20.50 | 55:01 | 22.36 | 39 | 9:12 | 232 | 7:53 |
| Rad Net | 20.00 | 43:22 | 27.67 | 33 | 10:02 | 183 | 25:13 | 20.50 | 55:01 | 22.36 | 39 | 9:12 | 232 | 7:53 |
| Wechsel R->L | - | 0:48 | - | 9 | 0:19 | 41 | 0:19 | 20.50 | 55:49 | 22.04 | 39 | 9:14 | 229 | 7:45 |
| Rad Total | 20.00 | 44:10 | 27.17 | 33 | 10:07 | 179 | 23:58 | 20.50 | 55:49 | 22.04 | 39 | 9:14 | 229 | 7:45 |
| ZZ Lauf | 2.50 | 13:36 | 11.03 | 35 | 4:02 | 179 | 5:37 | 23.00 | 1:09:25 | 19.88 | 39 | 13:15 | 228 | 12:30 |
| Lauf Ziel | 2.50 | 14:27 | 10.38 | 37 | 4:44 | 182 | 5:54 | 25.50 | 1:23:52 | 18.24 | 33 | 18:21 | 156 | 25:51 |
| Lauf Total | 5.00 | 28:03 | 10.70 | 36 | 8:46 | 182 | 11:24 | 25.50 | 1:23:52 | 18.24 | 33 | 18:21 | 156 | 25:51 |