



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Thomas, Paul

Total time: 1:30:28

Number: 1

Course: 25.50 km

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

Rank in course/Total: 239 (of 313)

Rank in course/Men: 191 (of 231)

Best time in course: 58:01

Category:

männliche AK 3 (TM 30)

Rank in category: 18(of 20)

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	16:19	1.84	20	8:04	224	9:16	0.50	16:19	1.84	21	4:25	36	6:41
Wechsel S->R	-	3:53	-	18	2:18	197	2:45	0.50	20:12	1.49	21	4:50	36	8:20
Schwimmen Total	0.50	20:12	1.49	21	4:50	36	8:20	0.50	20:12	1.49	21	4:50	36	8:20
ZZ Rad	5.75	9:09	37.70	18	2:43	203	2:43	6.25	29:21	12.78	21	5:26	36	10:07
ZZ Rad	4.25	13:01	19.59	18	3:37	204	3:46	10.50	42:22	14.87	21	6:29	36	13:03
ZZ Rad	4.25	12:53	19.79	18	3:29	200	3:34	14.75	55:15	16.02	21	7:16	36	15:55
Rad Ziel	5.75	10:26	33.07	18	2:59	208	5:49	20.50	1:05:41	18.73	21	8:22	36	18:33
Rad Net	20.00	45:29	26.38	18	12:22	206	27:20	20.50	1:05:41	18.73	21	8:22	36	18:33
Wechsel R->L	-	1:05	-	13	0:30	107	0:36	20.50	1:06:46	18.42	21	8:23	36	18:42
Rad Total	20.00	46:34	25.77	18	12:50	204	26:22	20.50	1:06:46	18.42	21	8:23	36	18:42
ZZ Lauf	2.50	11:53	12.62	13	3:42	111	3:54	23.00	1:18:39	17.55	21	7:33	36	21:44
Lauf Ziel	2.50	11:49	12.69	10	3:16	83	3:16	25.50	1:30:28	16.91	18	29:36	191	32:27
Lauf Total	5.00	23:42	12.66	11	6:58	102	7:03	25.50	1:30:28	16.91	18	29:36	191	32:27