11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Kies, Thorsten

Total time: 1:09:20

Club: TTV Topspin Lorsch
Number: 29

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

Rank in course/Total: 28 (of 313)
Rank in course/Men: 26 (of 231)
Best time in course: 58:01

Category:
männliche AK 3 (TM 30)

Rank in category: 4(of 20)
Best time in the category: 1:00:52

Intermediate times

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
	Stage score							Total ranking						
Schwimmen nett	0.50	10:25	2.88	8	2:10	86	3:22	0.50	10:25	2.88	21		5	0:47
Wechsel S->R	-	2:12	-	6	0:37	65	1:04	0.50	12:37	2.38	21		5	0:45
Schwimmen Tota	0.50	12:37	2.38	21		5	0:45	0.50	12:37	2.38	21		5	0:45
ZZ Rad	5.75	7:37	45.30	6	1:11	48	1:11	6.25	20:14	18.53	21		5	1:00
ZZ Rad	4.25	10:28	24.36	4	1:04	48	1:13	10.50	30:42	20.52	21		5	1:23
ZZ Rad	4.25	10:22	24.60	4	0:58	40	1:03	14.75	41:04	21.55	21		5	1:44
Rad Ziel	5.75	8:11	42.16	5	0:44	46	3:34	20.50	49:15	24.97	21		5	2:07
Rad Net	20.00	36:38	32.76	5	3:31	48	18:29	20.50	49:15	24.97	21		5	2:07
Wechsel R->L	-	1:04	-	11	0:29	103	0:35	20.50	50:19	24.45	21		5	2:15
Rad Total	20.00	37:42	31.83	5	3:58	49	17:30	20.50	50:19	24.45	21		5	2:15
ZZ Lauf	2.50	9:24	15.96	2	1:13	10	1:25	23.00	59:43	23.11	21		5	2:48
Lauf Ziel	2.50	9:37	15.60	2	1:04	10	1:04	25.50	1:09:20	22.07	4	8:28	26	11:19
Lauf Total	5.00	19:01	15.78	2	2:17	10	2:22	25.50	1:09:20	22.07	4	8:28	26	11:19