



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Adrian, Thomas

Total time: 1:08:20

Club: TV Lampertheim Triathlon

Number: 98

Course: 25.50 km

Rank in course/Total: 23 (of 313)

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

Rank in course/Men: 21 (of 231)

Best time in course: 58:01

Category:

Rank in category: 3(of 33)

Senioren 3 (TM 50)

Best time in the category: 1:04:59

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	9:35	3.13	5	1:38	45	2:32	0.50	9:35	3.13	34			232	
Wechsel S->R	-	1:43	-	3	0:15	15	0:35	0.50	11:18	2.65	34			232	
Schwimmen Total	0.50	11:18	2.65	34			232	0.50	11:18	2.65	34			232	
ZZ Rad	5.75	7:28	46.21	6	0:28	35	1:02	6.25	18:46	19.98	34			232	
ZZ Rad	4.25	10:00	25.50	3	0:28	19	0:45	10.50	28:46	21.90	26			227	
ZZ Rad	4.25	9:56	25.67	4	0:34	18	0:37	14.75	38:42	22.87	26			227	
Rad Ziel	5.75	7:59	43.22	4	0:35	30	3:22	20.50	46:41	26.35	34			232	
Rad Net	20.00	35:23	33.91	5	16:42	28	17:14	20.50	46:41	26.35	34			232	
Wechsel R->L	-	0:51	-	6	0:17	59	0:22	20.50	47:32	25.88	26			229	
Rad Total	20.00	36:14	33.12	4	2:07	26	16:02	20.50	47:32	25.88	26			229	
ZZ Lauf	2.50	10:05	14.88	3	0:11	30	2:06	23.00	57:37	23.95	26			228	0:42
Lauf Ziel	2.50	10:43	14.00	4	0:28	38	2:10	25.50	1:08:20	22.39	3	3:21	21	10:19	
Lauf Total	5.00	20:48	14.42	4	0:23	33	4:09	25.50	1:08:20	22.39	3	3:21	21	10:19	