



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Sommerfeld, Mark

Total time: 1:11:50

Club: Software AG Team DSW Darmstadt

Number: 107

Course: 25.50 km

Rank in course/Total: 48 (of 313)

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

Rank in course/Men: 45 (of 231)

Best time in course: 58:01

Category:

Rank in category: 7(of 38)

Senioren 1 (TM 40)

Best time in the category: 1:05:31

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	8:57	3.35	5	1:39	22	1:54	0.50	8:57	3.35	39		232	
Wechsel S->R	-	1:43	-	1	-	15	0:35	0.50	10:40	2.81	39		232	
Schwimmen Total	0.50	10:40	2.81	39		232		0.50	10:40	2.81	39		232	
ZZ Rad	5.75	7:57	43.40	12	1:13	84	1:31	6.25	18:37	20.14	39	0:21	232	
ZZ Rad	4.25	10:51	23.50	10	1:16	71	1:36	10.50	29:28	21.38	39	1:23	227	0:09
ZZ Rad	4.25	10:37	24.02	9	1:07	60	1:18	14.75	40:05	22.08	39	2:12	227	0:45
Rad Ziel	5.75	8:41	39.73	15	1:22	93	4:04	20.50	48:46	25.22	39	2:57	232	1:38
Rad Net	20.00	38:06	31.50	11	4:46	77	19:57	20.50	48:46	25.22	39	2:57	232	1:38
Wechsel R->L	-	1:05	-	24	0:36	107	0:36	20.50	49:51	24.67	39	3:16	229	1:47
Rad Total	20.00	39:11	30.63	12	5:08	76	18:59	20.50	49:51	24.67	39	3:16	229	1:47
ZZ Lauf	2.50	10:41	14.04	12	1:07	55	2:42	23.00	1:00:32	22.80	39	4:22	228	3:37
Lauf Ziel	2.50	11:18	13.27	12	1:35	63	2:45	25.50	1:11:50	21.30	7	6:19	45	13:49
Lauf Total	5.00	21:59	13.65	14	2:42	63	5:20	25.50	1:11:50	21.30	7	6:19	45	13:49