



11. Triathlon Lorsch

Lorsch / 10.08.2014

Detailed evaluation

Zarza, Rafael

Total time: 1:12:25

Number: 131

Course: 25.50 km

Rank in course/Total: 52 (of 313)

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

Rank in course/Men: 49 (of 231)

Best time in course: 58:01

Category:

Rank in category: 7(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	10:22	2.89	8	2:25	76	3:19	0.50	10:22	2.89	34		232	0:44
Wechsel S->R	-	1:54	-	6	0:26	29	0:46	0.50	12:16	2.45	34		232	0:24
Schwimmen Total	0.50	12:16	2.45	34		232	0:24	0.50	12:16	2.45	34		232	0:24
ZZ Rad	5.75	7:46	44.42	11	0:46	64	1:20	6.25	20:02	18.72	34		232	0:48
ZZ Rad	4.25	10:49	23.57	11	1:17	69	1:34	10.50	30:51	20.42	24		227	1:32
ZZ Rad	4.25	10:52	23.47	14	1:30	80	1:33	14.75	41:43	21.21	24		227	2:23
Rad Ziel	5.75	8:31	40.51	13	1:07	75	3:54	20.50	50:14	24.49	34		232	3:06
Rad Net	20.00	37:58	31.61	13	19:17	72	19:49	20.50	50:14	24.49	34		232	3:06
Wechsel R->L	-	0:59	-	8	0:25	90	0:30	20.50	51:13	24.02	24		229	3:09
Rad Total	20.00	38:57	30.81	12	4:50	72	18:45	20.50	51:13	24.02	24		229	3:09
ZZ Lauf	2.50	10:27	14.35	5	0:33	46	2:28	23.00	1:01:40	22.38	24		228	4:45
Lauf Ziel	2.50	10:45	13.95	5	0:30	41	2:12	25.50	1:12:25	21.13	7	7:26	49	14:24
Lauf Total	5.00	21:12	14.15	5	0:47	43	4:33	25.50	1:12:25	21.13	7	7:26	49	14:24