



# 11. Triathlon Lorsch

Lorsch / 10.08.2014

## Detailed evaluation

Riffel, Marc

Total time: 1:14:38

Number: 113

Course: 25.50 km

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

Rank in course/Total: 74 (of 313)

Rank in course/Men: 68 (of 231)

Best time in course: 58:01

Category:

Senioren 1 (TM 40)

Rank in category: 12(of 38)

Best time in the category: 1:05:31

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 9:11          | 3.27          | 7           | 1:53           | 28         | 2:08          | 0.50        | 9:11          | 3.27          | 39          | 0:10           | 25         |               |
| Wechsel S->R    | -           | 2:09          | -             | 10          | 0:26           | 58         | 1:01          | 0.50        | 11:20         | 2.65          | 39          | 0:29           | 232        |               |
| Schwimmen Total | 0.50        | 11:20         | 2.65          | 39          | 0:29           | 232        |               | 0.50        | 11:20         | 2.65          | 39          | 0:29           | 232        |               |
| ZZ Rad          | 5.75        | 7:40          | 45.00         | 9           | 0:56           | 51         | 1:14          | 6.25        | 19:00         | 19.74         | 39          | 0:44           | 232        |               |
| ZZ Rad          | 4.25        | 10:48         | 23.61         | 9           | 1:13           | 68         | 1:33          | 10.50       | 29:48         | 21.14         | 39          | 1:43           | 227        | 0:29          |
| ZZ Rad          | 4.25        | 10:53         | 23.43         | 13          | 1:23           | 82         | 1:34          | 14.75       | 40:41         | 21.75         | 39          | 2:48           | 227        | 1:21          |
| Rad Ziel        | 5.75        | 8:39          | 39.88         | 14          | 1:20           | 88         | 4:02          | 20.50       | 49:20         | 24.93         | 39          | 3:31           | 232        | 2:12          |
| Rad Net         | 20.00       | 38:00         | 31.58         | 10          | 4:40           | 74         | 19:51         | 20.50       | 49:20         | 24.93         | 39          | 3:31           | 232        | 2:12          |
| Wechsel R->L    | -           | 0:57          | -             | 17          | 0:28           | 80         | 0:28          | 20.50       | 50:17         | 24.46         | 39          | 3:42           | 6          | 2:13          |
| Rad Total       | 20.00       | 38:57         | 30.81         | 11          | 4:54           | 73         | 18:45         | 20.50       | 50:17         | 24.46         | 39          | 3:42           | 6          | 2:13          |
| ZZ Lauf         | 2.50        | 12:09         | 12.35         | 21          | 2:35           | 121        | 4:10          | 23.00       | 1:02:26       | 22.10         | 39          | 6:16           | 228        | 5:31          |
| Lauf Ziel       | 2.50        | 12:12         | 12.30         | 22          | 2:29           | 105        | 3:39          | 25.50       | 1:14:38       | 20.50         | 12          | 9:07           | 68         | 16:37         |
| Lauf Total      | 5.00        | 24:21         | 12.32         | 21          | 5:04           | 111        | 7:42          | 25.50       | 1:14:38       | 20.50         | 12          | 9:07           | 68         | 16:37         |