



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Kissel, Ralf

Total time: 1:15:24

Club: Heppenheimer Skiclub

Number: 115

Course: 25.50 km

Rank in course/Total: 123 (of 340)

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

Rank in course/Men: 112 (of 251)

Best time in course: 59:47

Category:

Rank in category: 26(of 47)

Senioren 2 (TM 45)

Best time in the category: 1:02:16

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	8:56	0.00	6	0:35	20	1:12	0.50	8:56	0.00	48	0:35	252	1:12
Wechsel S -> R	-	3:37	-	42	2:07	207	2:14	0.50	12:33	0.00	48	2:42	251	3:09
Schwimmen Total	0.50	12:33	0.00	48	2:42	251	3:09	0.50	12:33	0.00	48	2:42	251	3:09
Rad netto	20.00	37:20	32.14	28	34:44	125	34:44	20.50	49:53	24.06	48	32:18	251	32:18
Wechsel R -> L	-	1:12	-	27	0:42	154	0:43	20.50	51:05	23.49	48	31:56	251	31:56
Rad Total	20.00	38:32	31.14	29	34:22	127	34:22	20.50	51:05	23.49	48	31:56	251	31:56
Lauf	5.00	24:19	12.34	26	5:34	142	10:33	25.50	1:15:24	19.89	27	34:32	114	34:32