



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Maßmeyer, Nikola

Total time: 1:18:10

Number: 142

Course: 25.50 km

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

Rank in course/Total: 163 (of 340)

Rank in course/Men: 145 (of 251)

Best time in course: 59:47

Category:

männliche AK 3 (TM 30)

Rank in category: 13(of 21)

Best time in the category: 1:01:22

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	11:01	2.72	10	1:55	127	3:17	0.50	11:01	2.72	22	1:55	252	3:17
Wechsel S -> R	-	2:51	-	15	1:16	143	1:28	0.50	13:52	2.16	22	3:11	251	4:28
Schwimmen Total	0.50	13:52	2.16	22	3:11	251	4:28	0.50	13:52	2.16	22	3:11	251	4:28
Rad netto	20.00	36:53	32.54	9	5:53	113	34:17	20.50	50:45	24.24	22	9:04	251	33:10
Wechsel R -> L	-	1:08	-	14	0:33	139	0:39	20.50	51:53	23.71	22	9:37	251	32:44
Rad Total	20.00	38:01	31.57	10	6:26	110	33:51	20.50	51:53	23.71	22	9:37	251	32:44
Lauf	5.00	26:17	11.41	17	7:11	182	12:31	25.50	1:18:10	19.57	13	16:48	147	37:18