



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Keinert, Dietmar

Total time: 1:18:16

Club: DJK Käfertal-Waldhof

Number: 117

Course: 25.50 km

Rank in course/Total: 164 (of 340)

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

Rank in course/Men: 146 (of 251)

Best time in course: 59:47

Category:

Rank in category: 6(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:09:08

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	12:13	2.46	6	2:42	174	4:29	0.50	12:13	2.46	14	2:42	252	4:29
Wechsel S -> R	-	2:37	-	7	0:54	114	1:14	0.50	14:50	2.02	14	3:29	251	5:26
Schwimmen Total	0.50	14:50	2.02	14	3:29	251	5:26	0.50	14:50	2.02	14	3:29	251	5:26
Rad netto	20.00	38:53	30.86	8	4:34	176	36:17	20.50	53:43	22.90	14	8:03	251	36:08
Wechsel R -> L	-	0:52	-	4	0:15	76	0:23	20.50	54:35	22.53	14	8:00	251	35:26
Rad Total	20.00	39:45	30.19	7	4:31	164	35:35	20.50	54:35	22.53	14	8:00	251	35:26
Lauf	5.00	23:41	12.67	5	2:53	118	9:55	25.50	1:18:16	19.55	6	9:08	148	37:24