



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Gruß, Thomas

Total time: 1:18:48

Number: 107

Course: 25.50 km

Rank in course/Total: 175 (of 340)

Lorsche Triathlon 0,5-20,0-5,0

Rank in course/Men: 157 (of 251)

Best time in course: 59:47

Category:

Rank in category: 23(of 37)

Senioren 3 (TM 50)

Best time in the category: 1:02:45

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	12:34	2.39	23	4:18	191	4:50	0.50	12:34	2.39	23	4:18	252	4:50
Wechsel S -> R	-	2:50	-	19	1:22	141	1:27	0.50	15:24	1.95	22	5:40	180	6:00
Schwimmen Total	0.50	15:24	1.95	22	5:40	180	6:00	0.50	15:24	1.95	22	5:40	180	6:00
Rad netto	20.00	35:16	34.03	9	3:10	65	32:40	20.50	50:40	24.28	38	8:35	251	33:05
Wechsel R -> L	-	1:14	-	23	0:40	165	0:45	20.50	51:54	23.70	38	9:15	251	32:45
Rad Total	20.00	36:30	32.88	9	3:50	68	32:20	20.50	51:54	23.70	38	9:15	251	32:45
Lauf	5.00	26:54	11.15	25	8:38	191	13:08	25.50	1:18:48	19.42	23	16:03	158	37:56