



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Henninger, René

Total time: 1:19:54

Number: 125

Course: 25.50 km

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

Rank in course/Total: 188 (of 340)

Rank in course/Men: 167 (of 251)

Best time in course: 59:47

Category:

männliche AK 4 (TM 35)

Rank in category: 21(of 25)

Best time in the category: 1:04:22

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	10:25	2.88	13	1:50	92	2:41	0.50	10:25	2.88	26	1:50	252	2:41
Wechsel S -> R	-	2:58	-	19	1:21	156	1:35	0.50	13:23	2.24	26	3:07	251	3:59
Schwimmen Total	0.50	13:23	2.24	26	3:07	251	3:59	0.50	13:23	2.24	26	3:07	251	3:59
Rad netto	20.00	37:55	31.65	19	5:13	149	35:19	20.50	51:18	23.98	26	8:01	251	33:43
Wechsel R -> L	-	1:05	-	13	0:29	123	0:36	20.50	52:23	23.48	26	8:00	251	33:14
Rad Total	20.00	39:00	30.77	19	4:53	145	34:50	20.50	52:23	23.48	26	8:00	251	33:14
Lauf	5.00	27:31	10.90	25	7:32	198	13:45	25.50	1:19:54	19.15	21	15:32	170	39:02