



## 12. Lorsche Triathlon

Lorsch / 02.08.2015

### Detailed evaluation

**Lenhart, Stefan**

**Total time: 1:12:02**

Club: MTG Running

Number: 48

Course: 25.50 km

Rank in course/Total: 69 (of 340)

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

Rank in course/Men: 65 (of 251)

Best time in course: 59:47

Category:

Rank in category: 8(of 25)

männliche AK 4 (TM 35)

Best time in the category: 1:04:22

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 11:45         | 2.55          | 21          | 3:10           | 156        | 4:01          | 0.50        | 11:45         | 2.55          | 26          | 3:10           | 252        | 4:01          |
| Wechsel S -> R  | -           | 1:50          | -             | 5           | 0:13           | 26         | 0:27          | 0.50        | 13:35         | 2.21          | 26          | 3:19           | 251        | 4:11          |
| Schwimmen Total | 0.50        | 13:35         | 2.21          | 26          | 3:19           | 251        | 4:11          | 0.50        | 13:35         | 2.21          | 26          | 3:19           | 251        | 4:11          |
| Rad netto       | 20.00       | 37:27         | 32.04         | 17          | 4:45           | 130        | 34:51         | 20.50       | 51:02         | 24.10         | 26          | 7:45           | 251        | 33:27         |
| Wechsel R -> L  | -           | 0:36          | -             | 1           | -              | 13         | 0:07          | 20.50       | 51:38         | 23.82         | 26          | 7:15           | 251        | 32:29         |
| Rad Total       | 20.00       | 38:03         | 31.54         | 14          | 3:56           | 112        | 33:53         | 20.50       | 51:38         | 23.82         | 26          | 7:15           | 251        | 32:29         |
| Lauf            | 5.00        | 20:24         | 14.71         | 2           | 0:25           | 32         | 6:38          | 25.50       | 1:12:02       | 21.24         | 8           | 7:40           | 67         | 31:10         |