



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Rohde, Ralf

Total time: 1:21:49

Club: Kath. Kirchenmusikverein Lampertheim

Number: 103

Course: 25.50 km

Rank in course/Total: 209 (of 340)

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

Rank in course/Men: 178 (of 251)

Best time in course: 59:47

Category:

Rank in category: 26(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	10:43	2.80	15	2:27	107	2:59	0.50	10:43	2.80	15	2:27	252	2:59
Wechsel S -> R	-	2:59	-	22	1:31	158	1:36	0.50	13:42	2.19	17	3:58	251	4:18
Schwimmen Total	0.50	13:42	2.19	17	3:58	251	4:18	0.50	13:42	2.19	17	3:58	251	4:18
Rad netto	20.00	38:02	31.55	25	5:56	154	35:26	20.50	51:44	23.78	38	9:39	251	34:09
Wechsel R -> L	-	2:08	-	35	1:34	243	1:39	20.50	53:52	22.83	38	11:13	251	34:43
Rad Total	20.00	40:10	29.88	28	7:30	178	36:00	20.50	53:52	22.83	38	11:13	251	34:43
Lauf	5.00	27:57	10.73	29	9:41	205	14:11	25.50	1:21:49	18.70	26	19:04	181	40:57