



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Bienek, Oliver

Total time: 1:08:11

Number: 168

Course: 25.50 km

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

Rank in course/Total: 30 (of 340)

Rank in course/Men: 29 (of 251)

Best time in course: 59:47

Category:

männliche AK 2 (TM 25)

Rank in category: 7(of 24)

Best time in the category: 59:47

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	10:15	2.93	12	2:18	86	2:31	0.50	10:15	2.93	25	2:18	252	2:31
Wechsel S -> R	-	1:57	-	9	0:34	39	0:34	0.50	12:12	2.46	25	2:48	251	2:48
Schwimmen Total	0.50	12:12	2.46	25	2:48	251	2:48	0.50	12:12	2.46	25	2:48	251	2:48
Rad netto	20.00	33:51	35.45	7	2:27	24	31:15	20.50	46:03	26.71	25	5:15	36	28:28
Wechsel R -> L	-	0:43	-	6	0:10	33	0:14	20.50	46:46	26.30	25	5:24	34	27:37
Rad Total	20.00	34:34	34.72	6	2:36	22	30:24	20.50	46:46	26.30	25	5:24	34	27:37
Lauf	5.00	21:25	14.01	12	3:10	49	7:39	25.50	1:08:11	22.44	7	8:24	30	27:19