



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Gießke, Jürgen

Total time: 1:30:49

Number: 104

Course: 25.50 km

Rank in course/Total: 294 (of 340)

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

Rank in course/Men: 229 (of 251)

Best time in course: 59:47

Category:

Rank in category: 11(of 13)

Senioren 5 (TM 60)

Best time in the category: 1:09:08

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	15:25	1.95	12	5:54	245	7:41	0.50	15:25	1.95	14	5:54	252	7:41
Wechsel S -> R	-	4:06	-	13	2:23	232	2:43	0.50	19:31	1.54	14	8:10	251	10:07
Schwimmen Total	0.50	19:31	1.54	14	8:10	251	10:07	0.50	19:31	1.54	14	8:10	251	10:07
Rad netto	20.00	39:29	30.39	9	5:10	194	36:53	20.50	59:00	20.85	14	13:20	251	41:25
Wechsel R -> L	-	1:38	-	11	1:01	215	1:09	20.50	1:00:38	20.29	14	14:03	251	41:29
Rad Total	20.00	41:07	29.19	9	5:53	199	36:57	20.50	1:00:38	20.29	14	14:03	251	41:29
Lauf	5.00	30:11	9.94	10	9:23	228	16:25	25.50	1:30:49	16.85	11	21:41	232	49:57