



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Ospeld, Thomas

Club: SSG Bensheim

Number: 156

Course: 25.50 km

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

Category:

Senioren 1 (TM 40)

Total time: 1:11:35

Rank in course/Total: 64 (of 340)

Rank in course/Men: 61 (of 251)

Best time in course: 59:47

Rank in category: 14(of 40)

Best time in the category: 1:03:03

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	10:56	2.74	19	2:21	120	3:12	0.50	10:56	2.74	41	2:21	252	3:12
Wechsel S -> R	-	2:11	-	13	0:44	62	0:48	0.50	13:07	2.29	41	2:46	251	3:43
Schwimmen Total	0.50	13:07	2.29	41	2:46	251	3:43	0.50	13:07	2.29	41	2:46	251	3:43
Rad netto	20.00	34:12	35.09	7	3:11	34	31:36	20.50	47:19	26.00	11	5:09	51	29:44
Wechsel R -> L	-	0:58	-	23	0:27	100	0:29	20.50	48:17	25.47	11	5:36	49	29:08
Rad Total	20.00	35:10	34.12	7	3:24	36	31:00	20.50	48:17	25.47	11	5:36	49	29:08
Lauf	5.00	23:18	12.88	21	5:37	105	9:32	25.50	1:11:35	21.37	14	8:32	63	30:43