



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Remus, Ingo

Club: FFw Bensheim

Number: 146

Course: 25.50 km

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

Category:

Senioren 1 (TM 40)

Total time: 1:12:11

Rank in course/Total: 72 (of 340)

Rank in course/Men: 68 (of 251)

Best time in course: 59:47

Rank in category: 15(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	11:48	2.54	29	3:13	159	4:04	0.50	11:48	2.54	41	3:13	252	4:04
Wechsel S -> R	-	1:52	-	7	0:25	32	0:29	0.50	13:40	2.20	41	3:19	251	4:16
Schwimmen Total	0.50	13:40	2.20	41	3:19	251	4:16	0.50	13:40	2.20	41	3:19	251	4:16
Rad netto	20.00	35:45	33.57	12	4:44	74	33:09	20.50	49:25	24.89	15	7:15	90	31:50
Wechsel R -> L	-	0:41	-	5	0:10	24	0:12	20.50	50:06	24.55	14	7:25	83	30:57
Rad Total	20.00	36:26	32.94	12	4:40	66	32:16	20.50	50:06	24.55	14	7:25	83	30:57
Lauf	5.00	22:05	13.58	14	4:24	67	8:19	25.50	1:12:11	21.20	15	9:08	70	31:19