



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Steinebach, Ulf

Total time: 1:15:40

Club: SC Westerburg

Number: 187

Course: 25.50 km

Rank in course/Total: 128 (of 340)

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

Rank in course/Men: 117 (of 251)

Best time in course: 59:47

Category:

Rank in category: 22(of 40)

Senioren 1 (TM 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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen nett	0.50	11:26	0.00	27	2:51	149	3:42	0.50	11:26	0.00	41	2:51	252	3:42	
Wechsel S -> R	-	2:42	-	21	1:15	125	1:19	0.50	14:08	0.00	41	3:47	251	4:44	
Schwimmen Total	0.50	14:08	0.00	41	3:47	251	4:44	0.50	14:08	0.00	41	3:47	251	4:44	
Rad netto	20.00	36:41	32.71	19	5:40	106	34:05	20.50	50:49	23.61	18	8:39	118	33:14	
Wechsel R -> L	-	1:16	-	32	0:45	171	0:47	20.50	52:05	23.04	19	9:24	122	32:56	
Rad Total	20.00	37:57	31.62	18	6:11	107	33:47	20.50	52:05	23.04	19	9:24	122	32:56	
Lauf	5.00	23:35	12.72	23	5:54	113	9:49	25.50	1:15:40	19.82	22	12:37	119	34:48	