



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Sommerschuh, Uwe

Total time: 1:17:29

Club: Helaba BSG Triathlon

Number: 154

Course: 25.50 km

Rank in course/Total: 154 (of 340)

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

Rank in course/Men: 138 (of 251)

Best time in course: 59:47

Category:

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:24	0.00	26	2:49	147	3:40	0.50	11:24	0.00	41	2:49	252	3:40
Wechsel S -> R	-	2:26	-	17	0:59	92	1:03	0.50	13:50	0.00	41	3:29	251	4:26
Schwimmen Total	0.50	13:50	0.00	41	3:29	251	4:26	0.50	13:50	0.00	41	3:29	251	4:26
Rad netto	20.00	38:54	30.85	28	7:53	177	36:18	20.50	52:44	22.76	28	10:34	154	35:09
Wechsel R -> L	-	0:37	-	4	0:06	16	0:08	20.50	53:21	22.49	26	10:40	145	34:12
Rad Total	20.00	39:31	30.37	26	7:45	160	35:21	20.50	53:21	22.49	26	10:40	145	34:12
Lauf	5.00	24:08	12.43	26	6:27	137	10:22	25.50	1:17:29	19.36	24	14:26	140	36:37