



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Alexander, Ralf

Total time: 1:25:21

Number: 157

Course: 25.50 km

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

Rank in course/Total: 249 (of 340)

Rank in course/Men: 206 (of 251)

Best time in course: 59:47

Category:

Senioren 3 (TM 50)

Rank in category: 32(of 37)

Best time in the category: 1:02:45

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	11:04	2.71	18	2:48	131	3:20	0.50	11:04	2.71	38	2:48	252	3:20
Wechsel S -> R	-	3:10	-	27	1:42	177	1:47	0.50	14:14	2.11	38	4:30	251	4:50
Schwimmen Total	0.50	14:14	2.11	38	4:30	251	4:50	0.50	14:14	2.11	38	4:30	251	4:50
Rad netto	20.00	36:32	32.85	15	4:26	100	33:56	20.50	50:46	24.23	38	8:41	114	33:11
Wechsel R -> L	-	1:32	-	30	0:58	206	1:03	20.50	52:18	23.52	38	9:39	127	33:09
Rad Total	20.00	38:04	31.52	18	5:24	113	33:54	20.50	52:18	23.52	38	9:39	127	33:09
Lauf	5.00	33:03	9.08	36	14:47	242	19:17	25.50	1:25:21	17.93	32	22:36	209	44:29