



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Dauz, Renier

Total time: 1:29:57

Number: 188

Course: 25.50 km

Rank in course/Total: 290 (of 340)

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

Rank in course/Men: 227 (of 251)

Best time in course: 59:47

Category:

Rank in category: 12(of 18)

Senioren 4 (TM 55)

Best time in the category: 1:06:46

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	12:01	2.50	11	2:54	168	4:17	0.50	12:01	2.50	19	2:54	252	4:17
Wechsel S -> R	-	6:53	-	17	5:29	249	5:30	0.50	18:54	1.59	19	7:58	251	9:30
Schwimmen Total	0.50	18:54	1.59	19	7:58	251	9:30	0.50	18:54	1.59	19	7:58	251	9:30
Rad netto	20.00	41:32	28.89	16	7:26	222	38:56	20.50	1:00:26	20.35	19	14:58	236	42:51
Wechsel R -> L	-	1:38	-	9	0:55	215	1:09	20.50	1:02:04	19.82	19	15:53	236	42:55
Rad Total	20.00	43:10	27.80	16	8:10	225	39:00	20.50	1:02:04	19.82	19	15:53	236	42:55
Lauf	5.00	27:53	10.76	10	14:07	203	14:07	25.50	1:29:57	17.01	13	23:11	230	49:05