



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Knebel, Matthias

Total time: 1:11:16

Number: 240

Course: 25.50 km

Rank in course/Total: 59 (of 340)

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

Rank in course/Men: 56 (of 251)

Best time in course: 59:47

Category:

Rank in category: 12(of 47)

Senioren 2 (TM 45)

Best time in the category: 1:02:16

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	9:21	3.21	10	1:00	35	1:37	0.50	9:21	3.21	48	1:00	252	1:37
Wechsel S -> R	-	2:26	-	21	0:56	92	1:03	0.50	11:47	2.55	48	1:56	251	2:23
Schwimmen Total	0.50	11:47	2.55	48	1:56	251	2:23	0.50	11:47	2.55	48	1:56	251	2:23
Rad netto	20.00	34:26	34.85	12	31:50	46	31:50	20.50	46:13	26.61	48	28:38	251	28:38
Wechsel R -> L	-	1:12	-	27	0:42	154	0:43	20.50	47:25	25.94	48	28:16	251	28:16
Rad Total	20.00	35:38	33.68	12	31:28	51	31:28	20.50	47:25	25.94	48	28:16	251	28:16
Lauf	5.00	23:51	12.58	23	5:06	124	10:05	25.50	1:11:16	21.47	13	30:24	58	30:24