



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Luber, Norbert

Total time: 1:13:27

Club: MTG Mannheim Running

Number: 210

Course: 25.50 km

Rank in course/Total: 89 (of 340)

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

Rank in course/Men: 84 (of 251)

Best time in course: 59:47

Category:

Rank in category: 16(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	10:48	2.78	16	2:13	111	3:04	0.50	10:48	2.78	41	2:13	252	3:04
Wechsel S -> R	-	3:00	-	28	1:33	160	1:37	0.50	13:48	2.17	41	3:27	251	4:24
Schwimmen Total	0.50	13:48	2.17	41	3:27	251	4:24	0.50	13:48	2.17	41	3:27	251	4:24
Rad netto	20.00	38:38	31.06	27	7:37	170	36:02	20.50	52:26	23.46	41	10:16	251	34:51
Wechsel R -> L	-	0:41	-	5	0:10	24	0:12	20.50	53:07	23.16	41	10:26	251	33:58
Rad Total	20.00	39:19	30.52	25	7:33	156	35:09	20.50	53:07	23.16	41	10:26	251	33:58
Lauf	5.00	20:20	14.75	6	2:39	30	6:34	25.50	1:13:27	20.83	16	10:24	86	32:35