



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Winter, Sebastian

Total time: 1:18:49

Club: Let's Tri-IT (Tria-Gruppe Andreas Nickel)

Number: 236

Course: 25.50 km

Rank in course/Total: 177 (of 340)

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

Rank in course/Men: 158 (of 251)

Best time in course: 59:47

Category:

Rank in category: 20(of 25)

männliche AK 4 (TM 35)

Best time in the category: 1:04:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	9:39	0.00	9	1:04	50	1:55	0.50	9:39	0.00	26	1:04	252	1:55
Wechsel S -> R	-	3:06	-	20	1:29	170	1:43	0.50	12:45	0.00	26	2:29	251	3:21
Schwimmen Total	0.50	12:45	0.00	26	2:29	251	3:21	0.50	12:45	0.00	26	2:29	251	3:21
Rad netto	20.00	39:24	30.46	22	6:42	191	36:48	20.50	52:09	23.01	26	8:52	251	34:34
Wechsel R -> L	-	1:20	-	19	0:44	186	0:51	20.50	53:29	22.44	26	9:06	251	34:20
Rad Total	20.00	40:44	29.46	22	6:37	192	36:34	20.50	53:29	22.44	26	9:06	251	34:20
Lauf	5.00	25:20	11.84	23	5:21	164	11:34	25.50	1:18:49	19.03	20	14:27	160	37:57