



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Köhler, Thomas

Total time: 1:19:04

Number: 216

Course: 25.50 km

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

Rank in course/Total: 180 (of 340)

Rank in course/Men: 160 (of 251)

Best time in course: 59:47

Category:

Senioren 1 (TM 40)

Rank in category: 28(of 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	11:35	2.59	28	3:00	152	3:51	0.50	11:35	2.59	41	3:00	252	3:51
Wechsel S -> R	-	3:20	-	32	1:53	196	1:57	0.50	14:55	2.01	41	4:34	251	5:31
Schwimmen Total	0.50	14:55	2.01	41	4:34	251	5:31	0.50	14:55	2.01	41	4:34	251	5:31
Rad netto	20.00	36:25	32.95	16	5:24	97	33:49	20.50	51:20	23.96	41	9:10	251	33:45
Wechsel R -> L	-	1:13	-	31	0:42	160	0:44	20.50	52:33	23.41	41	9:52	251	33:24
Rad Total	20.00	37:38	31.89	16	5:52	100	33:28	20.50	52:33	23.41	41	9:52	251	33:24
Lauf	5.00	26:31	11.31	33	8:50	185	12:45	25.50	1:19:04	19.35	28	16:01	162	38:12