



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Laurenz, Alexander

Total time: 1:20:33

Club: Runningholzwurm

Number: 218

Course: 25.50 km

Rank in course/Total: 197 (of 340)

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

Rank in course/Men: 172 (of 251)

Best time in course: 59:47

Category:

Rank in category: 35(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	11:01	2.72	28	2:40	127	3:17	0.50	11:01	2.72	48	2:40	252	3:17
Wechsel S -> R	-	2:59	-	35	1:29	158	1:36	0.50	14:00	2.14	48	4:09	251	4:36
Schwimmen Total	0.50	14:00	2.14	48	4:09	251	4:36	0.50	14:00	2.14	48	4:09	251	4:36
Rad netto	20.00	39:39	30.26	42	37:03	196	37:03	20.50	53:39	22.93	48	36:04	251	36:04
Wechsel R -> L	-	1:04	-	15	0:34	118	0:35	20.50	54:43	22.48	48	35:34	251	35:34
Rad Total	20.00	40:43	29.47	40	36:33	191	36:33	20.50	54:43	22.48	48	35:34	251	35:34
Lauf	5.00	25:50	11.61	34	7:05	176	12:04	25.50	1:20:33	18.99	36	39:41	175	39:41