



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Egel-Hess, Dr. Wolfgang

Total time: 1:15:01

Club: LT Lorsch

Number: 288

Course: 25.50 km

Rank in course/Total: 111 (of 340)

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

Rank in course/Men: 102 (of 251)

Best time in course: 59:47

Category:

Rank in category: 3(of 18)

Senioren 4 (TM 55)

Best time in the category: 1:06:46

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	12:10	2.47	12	3:03	173	4:26	0.50	12:10	2.47	19	3:03	173	4:26
Wechsel S -> R	-	2:53	-	5	1:29	149	1:30	0.50	15:03	1.99	19	4:07	251	5:39
Schwimmen Total	0.50	15:03	1.99	19	4:07	251	5:39	0.50	15:03	1.99	19	4:07	251	5:39
Rad netto	20.00	34:57	34.33	3	0:51	57	32:21	20.50	50:00	24.60	19	4:32	251	32:25
Wechsel R -> L	-	1:49	-	12	1:06	231	1:20	20.50	51:49	23.74	19	5:38	251	32:40
Rad Total	20.00	36:46	32.64	4	1:46	74	32:36	20.50	51:49	23.74	19	5:38	251	32:40
Lauf	5.00	23:12	12.93	3	9:26	100	9:26	25.50	1:15:01	20.40	4	8:15	104	34:09