



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Banacki, Roger

Club: SK 1962 Ladenburg

Number: 255

Course: 25.50 km

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

Category:

Senioren 3 (TM 50)

Total time: 1:26:41

Rank in course/Total: 260 (of 340)

Rank in course/Men: 212 (of 251)

Best time in course: 59:47

Rank in category: 33(of 37)

Best time in the category: 1:02:45

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	14:22	2.09	36	6:06	237	6:38	0.50	14:22	2.09	38	6:06	237	6:38
Wechsel S -> R	-	4:14	-	34	2:46	236	2:51	0.50	18:36	1.61	38	8:52	251	9:12
Schwimmen Total	0.50	18:36	1.61	38	8:52	251	9:12	0.50	18:36	1.61	38	8:52	251	9:12
Rad netto	20.00	41:26	28.96	35	9:20	221	38:50	20.50	1:00:02	20.49	38	17:57	251	42:27
Wechsel R -> L	-	0:48	-	8	0:14	56	0:19	20.50	1:00:50	20.22	38	18:11	251	41:41
Rad Total	20.00	42:14	28.41	35	9:34	217	38:04	20.50	1:00:50	20.22	38	18:11	251	41:41
Lauf	5.00	25:51	11.61	24	7:35	178	12:05	25.50	1:26:41	17.65	33	23:56	215	45:49