



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Littig, Dirk

Total time: 1:07:49

Number: 296

Course: 25.50 km

Rank in course/Total: 27 (of 340)

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

Rank in course/Men: 26 (of 251)

Best time in course: 59:47

Category:

Rank in category: 4(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	10:05	2.98	16	1:44	77	2:21	0.50	10:05	2.98	48	1:44	252	2:21
Wechsel S -> R	-	2:08	-	9	0:38	55	0:45	0.50	12:13	2.46	48	2:22	251	2:49
Schwimmen Total	0.50	12:13	2.46	48	2:22	251	2:49	0.50	12:13	2.46	48	2:22	251	2:49
Rad netto	20.00	34:09	35.14	8	31:33	33	31:33	20.50	46:22	26.53	48	28:47	251	28:47
Wechsel R -> L	-	1:08	-	19	0:38	139	0:39	20.50	47:30	25.89	48	28:21	251	28:21
Rad Total	20.00	35:17	34.01	9	31:07	42	31:07	20.50	47:30	25.89	48	28:21	251	28:21
Lauf	5.00	20:19	14.77	7	1:34	29	6:33	25.50	1:07:49	22.56	5	26:57	27	26:57