



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Hennemann, Stefan

Total time: 1:11:06

Club: BSG Sparkasse Darmstadt

Number: 330

Course: 25.50 km

Rank in course/Total: 58 (of 340)

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

Rank in course/Men: 55 (of 251)

Best time in course: 59:47

Category:

Rank in category: 11(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	11:27	2.62	31	3:06	150	3:43	0.50	11:27	2.62	48	3:06	252	3:43
Wechsel S -> R	-	2:31	-	24	1:01	105	1:08	0.50	13:58	2.15	48	4:07	251	4:34
Schwimmen Total	0.50	13:58	2.15	48	4:07	251	4:34	0.50	13:58	2.15	48	4:07	251	4:34
Rad netto	20.00	34:05	35.21	7	31:29	31	31:29	20.50	48:03	25.60	48	30:28	251	30:28
Wechsel R -> L	-	0:53	-	9	0:23	80	0:24	20.50	48:56	25.14	48	29:47	251	29:47
Rad Total	20.00	34:58	34.32	6	30:48	29	30:48	20.50	48:56	25.14	48	29:47	251	29:47
Lauf	5.00	22:10	13.53	15	3:25	71	8:24	25.50	1:11:06	21.52	12	30:14	56	30:14