



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Embach, Ralf

Club: RSC Ladenburg

Number: 305

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:12:44

Rank in course/Total: 80 (of 340)

Rank in course/Men: 75 (of 251)

Best time in course: 59:47

Rank in category: 16(of 47)

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	8:34	3.50	3	0:13	9	0:50	0.50	8:34	3.50	48	0:13	252	0:50
Wechsel S -> R	-	2:26	-	21	0:56	92	1:03	0.50	11:00	2.73	48	1:09	251	1:36
Schwimmen Total	0.50	11:00	2.73	48	1:09	251	1:36	0.50	11:00	2.73	48	1:09	251	1:36
Rad netto	20.00	34:25	34.87	11	31:49	45	31:49	20.50	45:25	27.08	48	27:50	251	27:50
Wechsel R -> L	-	1:08	-	19	0:38	139	0:39	20.50	46:33	26.42	48	27:24	251	27:24
Rad Total	20.00	35:33	33.76	11	31:23	50	31:23	20.50	46:33	26.42	48	27:24	251	27:24
Lauf	5.00	26:11	11.46	37	7:26	181	12:25	25.50	1:12:44	21.04	17	31:52	77	31:52