



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Steinhagen, Gunnar

Total time: 1:19:11

Number: 292

Course: 25.50 km

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

Rank in course/Total: 181 (of 340)

Rank in course/Men: 161 (of 251)

Best time in course: 59:47

Category:

Senioren 2 (TM 45)

Rank in category: 34(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	10:06	2.97	18	1:45	79	2:22	0.50	10:06	2.97	48	1:45	252	2:22
Wechsel S -> R	-	3:51	-	44	2:21	222	2:28	0.50	13:57	2.15	48	4:06	251	4:33
Schwimmen Total	0.50	13:57	2.15	48	4:06	251	4:33	0.50	13:57	2.15	48	4:06	251	4:33
Rad netto	20.00	39:00	30.77	40	36:24	180	36:24	20.50	52:57	23.23	48	35:22	251	35:22
Wechsel R -> L	-	1:38	-	43	1:08	215	1:09	20.50	54:35	22.53	48	35:26	251	35:26
Rad Total	20.00	40:38	29.53	39	36:28	188	36:28	20.50	54:35	22.53	48	35:26	251	35:26
Lauf	5.00	24:36	12.20	27	5:51	149	10:50	25.50	1:19:11	19.32	35	38:19	164	38:19