



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Sokolowski, Andreas

Total time: 59:47

Club: Ludwigshafen

Number: 378

Course: 25.50 km

Rank in course/Total: 1 (of 340)

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

Rank in course/Men: 1 (of 251)

Best time in course: 59:47

Category:

Rank in category: 1(of 24)

männliche AK 2 (TM 25)

Best time in the category: 59:47

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	8:01	3.74	2	0:04	3	0:17	0.50	8:01	3.74	2	0:04	252	0:17
Wechsel S -> R	-	1:23	-	1	-	1	-	0.50	9:24	3.19	1	-	1	-
Schwimmen Total	0.50	9:24	3.19	1	-	1	-	0.50	9:24	3.19	1	-	1	-
Rad netto	20.00	31:24	38.22	1	-	5	28:48	20.50	40:48	30.15	1	-	251	23:13
Wechsel R -> L	-	0:34	-	2	0:01	7	0:05	20.50	41:22	29.73	1	-	251	22:13
Rad Total	20.00	31:58	37.54	1	-	5	27:48	20.50	41:22	29.73	1	-	251	22:13
Lauf	5.00	18:25	16.29	2	0:10	5	4:39	25.50	59:47	25.59	1	-	2	18:55