



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Penteker, Matthias

Total time: 1:22:07

Number: 307

Course: 25.50 km

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

Rank in course/Total: 213 (of 340)

Rank in course/Men: 181 (of 251)

Best time in course: 59:47

Category:

Senioren 4 (TM 55)

Rank in category: 8(of 18)

Best time in the category: 1:06:46

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	9:59	3.01	4	0:52	72	2:15	0.50	9:59	3.01	19	0:52	252	2:15
Wechsel S -> R	-	4:09	-	13	2:45	234	2:46	0.50	14:08	2.12	19	3:12	251	4:44
Schwimmen Total	0.50	14:08	2.12	19	3:12	251	4:44	0.50	14:08	2.12	19	3:12	251	4:44
Rad netto	20.00	38:40	31.03	9	4:34	171	36:04	20.50	52:48	23.30	19	7:20	251	35:13
Wechsel R -> L	-	1:50	-	13	1:07	232	1:21	20.50	54:38	22.51	19	8:27	251	35:29
Rad Total	20.00	40:30	29.63	11	5:30	186	36:20	20.50	54:38	22.51	19	8:27	251	35:29
Lauf	5.00	27:29	10.92	9	13:43	197	13:43	25.50	1:22:07	18.63	9	15:21	184	41:15