



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Kies, Thorsten

Total time: 1:07:17

Club: TTV Topspin Lorsch

Number: 43

Course: 25.50 km

Rank in course/Total: 25 (of 340)

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

Rank in course/Men: 24 (of 251)

Best time in course: 59:47

Category:

Rank in category: 3(of 21)

männliche AK 3 (TM 30)

Best time in the category: 1:01:22

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	10:32	2.85	8	1:26	97	2:48	0.50	10:32	2.85	22	1:26	100	2:48
Wechsel S -> R	-	1:58	-	2	0:23	42	0:35	0.50	12:30	2.40	22	1:49	251	3:06
Schwimmen Total	0.50	12:30	2.40	22	1:49	251	3:06	0.50	12:30	2.40	22	1:49	251	3:06
Rad netto	20.00	34:42	34.58	5	3:42	53	32:06	20.50	47:12	26.06	22	5:31	251	29:37
Wechsel R -> L	-	0:50	-	7	0:15	70	0:21	20.50	48:02	25.61	22	5:46	251	28:53
Rad Total	20.00	35:32	33.77	5	3:57	49	31:22	20.50	48:02	25.61	22	5:46	251	28:53
Lauf	5.00	19:15	15.58	3	0:09	13	5:29	25.50	1:07:17	22.74	3	5:55	25	26:25