



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Steinhagen, Ole-Gunnar

Total time: 1:28:06

Club: DLRG Einhausen

Number: 293

Course: 25.50 km

Rank in course/Total: 274 (of 340)

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

Rank in course/Men: 219 (of 251)

Best time in course: 59:47

Category:

Rank in category: 3(of 3)

männliche Jugend B (TM 14/15)

Best time in the category: 1:13:15

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	10:11	2.95	2	1:02	82	2:27	0.50	10:11	2.95	4	1:02	252	2:27
Wechsel S -> R	-	4:08	-	3	2:34	233	2:45	0.50	14:19	2.10	4	3:36	251	4:55
Schwimmen Total	0.50	14:19	2.10	4	3:36	251	4:55	0.50	14:19	2.10	4	3:36	251	4:55
Rad netto	20.00	44:51	26.76	3	6:45	241	42:15	20.50	59:10	20.79	3	8:25	251	41:35
Wechsel R -> L	-	1:03	-	3	0:34	116	0:34	20.50	1:00:13	20.43	3	8:59	251	41:04
Rad Total	20.00	45:54	26.14	3	7:19	241	41:44	20.50	1:00:13	20.43	3	8:59	251	41:04
Lauf	5.00	27:53	10.76	3	5:52	203	14:07	25.50	1:28:06	17.37	3	14:51	222	47:14