



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Grunz, Klaus

Total time: 1:35:15

Club: SG Commerzbank

Number: 320

Course: 25.50 km

Rank in course/Total: 319 (of 340)

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

Rank in course/Men: 241 (of 251)

Best time in course: 59:47

Category:

Rank in category: 1(of 1)

Senioren 8 (TM 75)

Best time in the category: 1:35:15

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	16:28	1.82	1	-	251	8:44	0.50	16:28	1.82	1	-	252	8:44
Wechsel S -> R	-	3:58	-	1	-	226	2:35	0.50	20:26	1.47	1	-	251	11:02
Schwimmen Total	0.50	20:26	1.47	1	-	251	11:02	0.50	20:26	1.47	1	-	251	11:02
Rad netto	20.00	42:51	28.00	1	-	231	40:15	20.50	1:03:17	19.44	1	-	251	45:42
Wechsel R -> L	-	1:45	-	1	-	226	1:16	20.50	1:05:02	18.91	1	-	251	45:53
Rad Total	20.00	44:36	26.91	1	-	235	40:26	20.50	1:05:02	18.91	1	-	251	45:53
Lauf	5.00	30:13	9.93	1	-	229	16:27	25.50	1:35:15	16.06	1	-	244	54:23