



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Schlindwein, Jens

Total time: 1:15:52

Number: 391

Course: 25.50 km

Rank in course/Total: 132 (of 340)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 120 (of 251)

Best time in course: 59:47

Category:

Rank in category: 11(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	13:07	2.29	18	4:01	211	5:23	0.50	13:07	2.29	22	4:01	252	5:23
Wechsel S -> R	-	2:17	-	7	0:42	76	0:54	0.50	15:24	1.95	22	4:43	180	6:00
Schwimmen Total	0.50	15:24	1.95	22	4:43	180	6:00	0.50	15:24	1.95	22	4:43	180	6:00
Rad netto	20.00	36:52	32.55	8	5:52	112	34:16	20.50	52:16	23.53	22	10:35	251	34:41
Wechsel R -> L	-	0:51	-	8	0:16	72	0:22	20.50	53:07	23.16	22	10:51	251	33:58
Rad Total	20.00	37:43	31.82	8	6:08	104	33:33	20.50	53:07	23.16	22	10:51	251	33:58
Lauf	5.00	22:45	13.19	8	3:39	88	8:59	25.50	1:15:52	20.17	11	14:30	122	35:00