



## 12. Lorsche Triathlon

Lorsch / 02.08.2015

### Detailed evaluation

Seidel, Christian

Total time: 1:19:23

Number: 388

Course: 25.50 km

Rank in course/Total: 183 (of 340)

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

Rank in course/Men: 162 (of 251)

Best time in course: 59:47

Category:

Rank in category: 15(of 21)

männliche AK 3 (TM 30)

Best time in the category: 1:01:22

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|-----------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen nett  | 0.50        | 13:54         | 2.16          | 21          | 4:48           | 232        | 6:10          | 0.50        | 13:54         | 2.16          | 22          | 4:48           | 252        | 6:10          |
| Wechsel S -> R  | -           | 3:05          | -             | 17          | 1:30           | 167        | 1:42          | 0.50        | 16:59         | 1.77          | 22          | 6:18           | 223        | 7:35          |
| Schwimmen Total | 0.50        | 16:59         | 1.77          | 22          | 6:18           | 223        | 7:35          | 0.50        | 16:59         | 1.77          | 22          | 6:18           | 223        | 7:35          |
| Rad netto       | 20.00       | 37:51         | 31.70         | 15          | 6:51           | 146        | 35:15         | 20.50       | 54:50         | 22.43         | 22          | 13:09          | 251        | 37:15         |
| Wechsel R -> L  | -           | 1:16          | -             | 18          | 0:41           | 171        | 0:47          | 20.50       | 56:06         | 21.93         | 22          | 13:50          | 251        | 36:57         |
| Rad Total       | 20.00       | 39:07         | 30.68         | 15          | 7:32           | 150        | 34:57         | 20.50       | 56:06         | 21.93         | 22          | 13:50          | 251        | 36:57         |
| Lauf            | 5.00        | 23:17         | 12.88         | 10          | 4:11           | 104        | 9:31          | 25.50       | 1:19:23       | 19.27         | 15          | 18:01          | 165        | 38:31         |