



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Gestrich, Matthias

Total time: 1:21:24

Club: TriTri Ellerstadt

Number: 371

Course: 25.50 km

Rank in course/Total: 205 (of 340)

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

Rank in course/Men: 175 (of 251)

Best time in course: 59:47

Category:

Rank in category: 25(of 37)

Senioren 3 (TM 50)

Best time in the category: 1:02:45

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	13:15	2.26	29	4:59	215	5:31	0.50	13:15	2.26	38	4:59	252	5:31
Wechsel S -> R	-	2:44	-	17	1:16	130	1:21	0.50	15:59	1.88	38	6:15	194	6:35
Schwimmen Total	0.50	15:59	1.88	38	6:15	194	6:35	0.50	15:59	1.88	38	6:15	194	6:35
Rad netto	20.00	36:44	32.67	17	4:38	109	34:08	20.50	52:43	23.33	38	10:38	251	35:08
Wechsel R -> L	-	1:35	-	32	1:01	213	1:06	20.50	54:18	22.65	38	11:39	251	35:09
Rad Total	20.00	38:19	31.32	19	5:39	122	34:09	20.50	54:18	22.65	38	11:39	251	35:09
Lauf	5.00	27:06	11.07	26	8:50	192	13:20	25.50	1:21:24	18.80	25	18:39	178	40:32