



12. Lorsch Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Ruß, Christopher

Total time: 1:31:05

Number: 395

Course: 25.50 km

Rank in course/Total: 298 (of 340)

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

Rank in course/Men: 231 (of 251)

Best time in course: 59:47

Category:

Rank in category: 35(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	13:35	2.21	33	5:19	227	5:51	0.50	13:35	2.21	38	5:19	252	5:51
Wechsel S -> R	-	3:08	-	25	1:40	175	1:45	0.50	16:43	1.79	38	6:59	216	7:19
Schwimmen Total	0.50	16:43	1.79	38	6:59	216	7:19	0.50	16:43	1.79	38	6:59	216	7:19
Rad netto	20.00	45:26	26.41	37	13:20	244	42:50	20.50	1:02:09	19.79	38	20:04	251	44:34
Wechsel R -> L	-	0:51	-	9	0:17	72	0:22	20.50	1:03:00	19.52	38	20:21	251	43:51
Rad Total	20.00	46:17	25.93	37	13:37	242	42:07	20.50	1:03:00	19.52	38	20:21	251	43:51
Lauf	5.00	28:05	10.68	31	9:49	208	14:19	25.50	1:31:05	16.80	35	28:20	233	50:13