



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Schambach, Jens

Club: DLRG Lorsch e.V.

Number: 4

Course: 25.50 km

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

Category:

Senioren 2 (TM 45)

Total time: 1:32:47

Rank in course/Total: 305 (of 340)

Rank in course/Men: 236 (of 251)

Best time in course: 59:47

Rank in category: 46(of 47)

Best time in the category: 1:02:16

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	11:23	2.64	30	3:02	146	3:39	0.50	11:23	2.64	48	3:02	252	3:39
Wechsel S -> R	-	3:45	-	43	2:15	217	2:22	0.50	15:08	1.98	48	5:17	251	5:44
Schwimmen Total	0.50	15:08	1.98	48	5:17	251	5:44	0.50	15:08	1.98	48	5:17	251	5:44
Rad netto	20.00	45:26	26.41	47	42:50	244	42:50	20.50	1:00:34	20.31	48	42:59	251	42:59
Wechsel R -> L	-	1:33	-	41	1:03	208	1:04	20.50	1:02:07	19.80	48	42:58	251	42:58
Rad Total	20.00	46:59	25.54	47	42:49	244	42:49	20.50	1:02:07	19.80	48	42:58	251	42:58
Lauf	5.00	30:40	9.78	45	11:55	234	16:54	25.50	1:32:47	16.49	47	51:55	239	51:55