



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Adrian, Thomas

Total time: 1:07:56

Club: TV Lampertheim Triathlon

Number: 109

Course: 25.50 km

Rank in course/Total: 28 (of 340)

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

Rank in course/Men: 27 (of 251)

Best time in course: 59:47

Category:

Rank in category: 4(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	9:53	3.04	8	1:37	63	2:09	0.50	9:53	3.04	8	1:37	252	2:09
Wechsel S -> R	-	1:39	-	3	0:11	13	0:16	0.50	11:32	2.60	5	1:48	251	2:08
Schwimmen Total	0.50	11:32	2.60	5	1:48	251	2:08	0.50	11:32	2.60	5	1:48	251	2:08
Rad netto	20.00	34:13	35.07	4	2:07	36	31:37	20.50	45:45	26.89	38	3:40	251	28:10
Wechsel R -> L	-	0:57	-	12	0:23	97	0:28	20.50	46:42	26.34	38	4:03	251	27:33
Rad Total	20.00	35:10	34.12	5	2:30	35	31:00	20.50	46:42	26.34	38	4:03	251	27:33
Lauf	5.00	21:14	14.13	4	2:58	46	7:28	25.50	1:07:56	22.52	4	5:11	28	27:04