



12. Lorsche Triathlon

Lorsch / 02.08.2015

Detailed evaluation

Steingens, Uwe

Total time: 1:10:32

Number: 137

Course: 25.50 km

Rank in course/Total: 49 (of 340)

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

Rank in course/Men: 46 (of 251)

Best time in course: 59:47

Category:

Rank in category: 6(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	9:51	3.05	7	1:35	59	2:07	0.50	9:51	3.05	7	1:35	252	2:07
Wechsel S -> R	-	2:44	-	17	1:16	130	1:21	0.50	12:35	2.38	10	2:51	251	3:11
Schwimmen Total	0.50	12:35	2.38	10	2:51	251	3:11	0.50	12:35	2.38	10	2:51	251	3:11
Rad netto	20.00	34:34	34.72	6	2:28	51	31:58	20.50	47:09	26.09	38	5:04	251	29:34
Wechsel R -> L	-	1:19	-	27	0:45	182	0:50	20.50	48:28	25.38	38	5:49	251	29:19
Rad Total	20.00	35:53	33.44	7	3:13	54	31:43	20.50	48:28	25.38	38	5:49	251	29:19
Lauf	5.00	22:04	13.60	9	3:48	66	8:18	25.50	1:10:32	21.69	6	7:47	47	29:40