



10. Lorscher Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Temlak, Markus

Total time: 1:14:46

Club: LG Westhofen

Number: 127

Course: 25.75 km

Rank in course/Total: 137 (of 322)

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

Rank in course/Men: 124 (of 260)

Best time in course: 58:22

Category:

Rank in category: 33(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

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	0.50	10:15	2.93	22	2:27	97	3:31	0.50	10:15	2.93	54	0:09	259	1:09
Wechsel Schwim	0.20	2:59	4.02	36	1:26	172	1:33	0.70	13:14	3.17	54	1:04	259	2:23
Schwimmen Total	0.70	13:14	3.17	54	1:04	259	2:23	0.70	13:14	3.17	54	1:04	259	2:23
Rad	20.00	36:50	32.58	30	6:05	130	6:05	20.70	50:04	24.81	54	4:20	259	8:11
Wechsel Rad-Lauf	0.05	1:16	2.37	39	0:50	179	1:13	20.75	51:20	24.25	54	4:47	256	8:36
Rad Total	20.05	38:06	31.57	33	6:29	133	6:29	20.75	51:20	24.25	54	4:47	256	8:36
Lauf	5.00	23:26	12.80	32	7:05	127	7:54	25.75	1:14:46	20.66	33	14:06	126	16:24