



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Schönung, Christian

Total time: 1:16:38

Club: Lorsch Bürgermeister

Number: 143

Course: 25.75 km

Rank in course/Total: 168 (of 322)

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

Rank in course/Men: 150 (of 260)

Best time in course: 58:22

Category:

Rank in category: 37(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	8:34	3.50	4	0:46	16	1:50	0.50	8:34	3.50	54		259	
Wechsel Schwim	0.20	2:45	4.36	33	1:12	148	1:19	0.70	11:19	3.71	54		259	0:28
Schwimmen Total	0.70	11:19	3.71	54		259	0:28	0.70	11:19	3.71	54		259	0:28
Rad	20.00	35:26	33.87	24	4:41	93	4:41	20.70	46:45	26.57	54	1:01	7	4:52
Wechsel Rad-Lau	0.05	1:21	2.22	42	0:55	194	1:18	20.75	48:06	25.88	54	1:33	256	5:22
Rad Total	20.05	36:47	32.71	25	5:10	101	5:10	20.75	48:06	25.88	54	1:33	256	5:22
Lauf	5.00	28:32	10.51	48	12:11	220	13:00	25.75	1:16:38	20.16	37	15:58	152	18:16