



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Cerwenetz, Kurt

Total time: 1:19:16

Club: SRH

Number: 105

Course: 25.75 km

Rank in course/Total: 197 (of 322)

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

Rank in course/Men: 173 (of 260)

Best time in course: 58:22

Category:

Rank in category: 21(of 32)

Senioren 3 (TM 50-54)

Best time in the category: 1:04:52

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	12:42	2.36	25	4:07	203	5:58	0.50	12:42	2.36	33	0:35	259	3:36
Wechsel Schwim	0.20	2:52	4.19	17	1:18	162	1:26	0.70	15:34	2.70	33	0:32	259	4:43
Schwimmen Total	0.70	15:34	2.70	33	0:32	259	4:43	0.70	15:34	2.70	33	0:32	259	4:43
Rad	20.00	36:08	33.21	12	2:47	110	5:23	20.70	51:42	24.02	16		259	9:49
Wechsel Rad-Lauf	0.05	1:30	2.00	24	0:50	209	1:27	20.75	53:12	23.40	33	0:22	256	10:28
Rad Total	20.05	37:38	31.97	14	3:28	121	6:01	20.75	53:12	23.40	33	0:22	256	10:28
Lauf	5.00	26:04	11.51	21	6:37	190	10:32	25.75	1:19:16	19.49	21	14:24	175	20:54