



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Ruhs, Mirko

Total time: 1:00:01

Club: Schwimmclub Heppenheim

Number: 151

Course: 25.75 km

Rank in course/Total: 3 (of 322)

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

Rank in course/Men: 3 (of 260)

Best time in course: 58:22

Category:

Rank in category: 1(of 26)

männl. AK 4 (TM 35-39)

Best time in the category: 1:00:01

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	8:43	3.44	2	0:30	20	1:59	0.50	8:43	3.44	27		259	
Wechsel Schwim	0.20	1:44	6.92	2	0:04	23	0:18	0.70	10:27	4.02	27		259	
Schwimmen Total	0.70	10:27	4.02	27		259		0.70	10:27	4.02	27		259	
Rad	20.00	31:05	38.61	1	-	3	0:20	20.70	41:32	29.90	27		259	
Wechsel Rad-Lauf	0.05	0:45	4.00	3	0:05	37	0:42	20.75	42:17	29.44	27		256	
Rad Total	20.05	31:50	37.79	1	-	2	0:13	20.75	42:17	29.44	27		256	
Lauf	5.00	17:44	16.92	1	-	5	2:12	25.75	1:00:01	25.74	1	-	3	1:39