



# 10. Lorsche Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Schulze-Ganzlin, Ulrich

Total time: 1:21:34

Club: Blockrunner Lorsch

Number: 136

Course: 25.75 km

Rank in course/Total: 221 (of 322)

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

Rank in course/Men: 192 (of 260)

Best time in course: 58:22

Category:

Rank in category: 10(of 20)

Senioren 4 (TM 55-59)

Best time in the category: 1:07:00

## Intermediate times

## Stage score

## Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|------------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen        | 0.50        | 8:00          | 3.75          | 1           | -              | 6          | 1:16          | 0.50        | 8:00          | 3.75          | 21          |                | 259        |               |
| Wechsel Schwim   | 0.20        | 2:15          | 5.33          | 6           | 0:32           | 88         | 0:49          | 0.70        | 10:15         | 4.10          | 21          |                | 259        |               |
| Schwimmen Total  | 0.70        | 10:15         | 4.10          | 21          |                | 259        |               | 0.70        | 10:15         | 4.10          | 21          |                | 259        |               |
| Rad              | 20.00       | 40:40         | 29.51         | 17          | 6:39           | 217        | 9:55          | 20.70       | 50:55         | 24.39         | 21          |                | 259        | 9:02          |
| Wechsel Rad-Lauf | 0.05        | 1:17          | 2.34          | 13          | 0:33           | 183        | 1:14          | 20.75       | 52:12         | 23.85         | 20          |                | 256        | 9:28          |
| Rad Total        | 20.05       | 41:57         | 28.68         | 16          | 6:58           | 216        | 10:20         | 20.75       | 52:12         | 23.85         | 20          |                | 256        | 9:28          |
| Lauf             | 5.00        | 29:22         | 10.22         | 17          | 9:34           | 227        | 13:50         | 25.75       | 1:21:34       | 18.94         | 10          | 14:34          | 194        | 23:12         |