



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Opper, Stefan

Total time: 1:22:43

Number: 116

Course: 25.75 km

Rank in course/Total: 232 (of 322)

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

Rank in course/Men: 199 (of 260)

Best time in course: 58:22

Category:

Rank in category: 40(of 51)

Senioren 2 (TM 45.49)

Best time in the category: 1:01:48

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	14:46	2.03	50	7:02	245	8:02	0.50	14:46	2.03	51	6:00	259	5:40
Wechsel Schwim	0.20	4:56	2.43	49	3:28	251	3:30	0.70	19:42	2.13	51	9:05	259	8:51
Schwimmen Total	0.70	19:42	2.13	51	9:05	259	8:51	0.70	19:42	2.13	51	9:05	259	8:51
Rad	20.00	38:18	31.33	39	7:16	172	7:33	20.70	58:00	21.41	18	9:29	259	16:07
Wechsel Rad-Lauf	0.05	1:54	1.58	45	1:23	240	1:51	20.75	59:54	20.78	50	10:31	256	17:10
Rad Total	20.05	40:12	29.93	40	8:19	183	8:35	20.75	59:54	20.78	50	10:31	256	17:10
Lauf	5.00	22:49	13.15	22	3:44	109	7:17	25.75	1:22:43	18.68	41	20:55	201	24:21