



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Lammer, Oliver

Total time: 1:09:31

Club: TTV Topspin Lorsch

Number: 31

Course: 25.75 km

Rank in course/Total: 63 (of 322)

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

Rank in course/Men: 59 (of 260)

Best time in course: 58:22

Category:

Rank in category: 14(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	9:40	3.10	15	1:52	56	2:56	0.50	9:40	3.10	54		12	0:34
Wechsel Schwim	0.20	2:36	4.62	29	1:03	131	1:10	0.70	12:16	3.42	54	0:06	12	1:25
Schwimmen Total	0.70	12:16	3.42	54	0:06	12	1:25	0.70	12:16	3.42	54	0:06	12	1:25
Rad	20.00	34:20	34.95	17	3:35	54	3:35	20.70	46:36	26.65	54	0:52	12	4:43
Wechsel Rad-Lau	0.05	0:52	3.46	19	0:26	72	0:49	20.75	47:28	26.23	54	0:55	12	4:44
Rad Total	20.05	35:12	34.18	16	3:35	51	3:35	20.75	47:28	26.23	54	0:55	12	4:44
Lauf	5.00	22:03	13.61	24	5:42	84	6:31	25.75	1:09:31	22.22	14	8:51	60	11:09