



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Rohde, Ralf

Total time: 1:24:33

Club: Kath. Kirchenmusikverein Lampertheim

Number: 112

Course: 25.75 km

Rank in course/Total: 244 (of 322)

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

Rank in course/Men: 209 (of 260)

Best time in course: 58:22

Category:

Rank in category: 26(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	10:46	2.79	12	2:11	120	4:02	0.50	10:46	2.79	33		259	1:40
Wechsel Schwim	0.20	3:25	3.51	28	1:51	212	1:59	0.70	14:11	2.96	33		259	3:20
Schwimmen Total	0.70	14:11	2.96	33		259	3:20	0.70	14:11	2.96	33		259	3:20
Rad	20.00	39:45	30.19	25	6:24	202	9:00	20.70	53:56	23.03	33	2:06	259	12:03
Wechsel Rad-Lauf	0.05	1:15	2.40	19	0:35	177	1:12	20.75	55:11	22.56	33	2:21	256	12:27
Rad Total	20.05	41:00	29.34	25	6:50	199	9:23	20.75	55:11	22.56	33	2:21	256	12:27
Lauf	5.00	29:22	10.22	27	9:55	227	13:50	25.75	1:24:33	18.27	26	19:41	211	26:11