



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Frisch, Matthias

Total time: 1:05:24

Number: 186

Course: 25.75 km

Rank in course/Total: 29 (of 322)

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

Rank in course/Men: 27 (of 260)

Best time in course: 58:22

Category:

Rank in category: 7(of 16)

männl. AK 1 (TM 20-24)

Best time in the category: 58:22

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	7:10	4.19	2	0:26	2	0:26	0.50	7:10	4.19	17		259	
Wechsel Schwim	0.20	1:55	6.26	9	0:29	48	0:29	0.70	9:05	4.62	17		259	
Schwimmen Total	0.70	9:05	4.62	17		259		0.70	9:05	4.62	17		259	
Rad	20.00	34:08	35.16	8	2:46	48	3:23	20.70	43:13	28.74	17		259	1:20
Wechsel Rad-Lauf	0.05	0:49	3.67	7	0:15	57	0:46	20.75	44:02	28.27	16		256	1:18
Rad Total	20.05	34:57	34.42	8	3:01	44	3:20	20.75	44:02	28.27	16		256	1:18
Lauf	5.00	21:22	14.04	10	5:50	63	5:50	25.75	1:05:24	23.62	7	7:02	28	7:02