



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Williams, Adam

Total time: 1:26:51

Club: ESOC Triathlon Club

Number: 130

Course: 25.75 km

Rank in course/Total: 261 (of 322)

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

Rank in course/Men: 221 (of 260)

Best time in course: 58:22

Category:

Rank in category: 29(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	15:56	1.88	32	7:21	254	9:12	0.50	15:56	1.88	33	3:49	259	6:50
Wechsel Schwim	0.20	3:02	3.96	22	1:28	179	1:36	0.70	18:58	2.21	33	3:56	259	8:07
Schwimmen Total	0.70	18:58	2.21	33	3:56	259	8:07	0.70	18:58	2.21	33	3:56	259	8:07
Rad	20.00	42:29	28.25	30	9:08	238	11:44	20.70	1:01:27	20.21	33	9:37	259	19:34
Wechsel Rad-Lauf	0.05	1:16	2.37	20	0:36	179	1:13	20.75	1:02:43	19.85	33	9:53	256	19:59
Rad Total	20.05	43:45	27.50	29	9:35	236	12:08	20.75	1:02:43	19.85	33	9:53	256	19:59
Lauf	5.00	24:08	12.43	17	4:41	152	8:36	25.75	1:26:51	17.79	29	21:59	223	28:29