



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Stapler, Oliver

Total time: 1:09:26

Number: 145

Course: 25.75 km

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Total: 60 (of 322)

Rank in course/Men: 56 (of 260)

Best time in course: 58:22

Category:

männl. AK 4 (TM 35-39)

Rank in category: 9(of 26)

Best time in the category: 1:00:01

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	9:58	3.01	11	1:45	76	3:14	0.50	9:58	3.01	27	0:48	259	0:52
Wechsel Schwim	0.20	1:50	6.55	5	0:10	34	0:24	0.70	11:48	3.56	27	0:41	5	0:57
Schwimmen Total	0.70	11:48	3.56	27	0:41	5	0:57	0.70	11:48	3.56	27	0:41	5	0:57
Rad	20.00	35:22	33.93	11	4:17	89	4:37	20.70	47:10	26.33	27	3:52	259	5:17
Wechsel Rad-Lauf	0.05	0:40	4.50	1	-	19	0:37	20.75	47:50	26.03	27	3:41	256	5:06
Rad Total	20.05	36:02	33.39	10	4:12	75	4:25	20.75	47:50	26.03	27	3:41	256	5:06
Lauf	5.00	21:36	13.89	11	3:52	73	6:04	25.75	1:09:26	22.25	9	9:25	57	11:04