



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Keuschen, Patrick

Total time: 1:10:06

Club: Heppenheimer Skiclub

Number: 163

Course: 25.75 km

Rank in course/Total: 69 (of 322)

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

Rank in course/Men: 65 (of 260)

Best time in course: 58:22

Category:

Rank in category: 16(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	12:27	2.41	40	4:39	195	5:43	0.50	12:27	2.41	54	2:21	259	3:21
Wechsel Schwim	0.20	2:21	5.11	23	0:48	100	0:55	0.70	14:48	2.84	54	2:38	19	3:57
Schwimmen Total	0.70	14:48	2.84	54	2:38	19	3:57	0.70	14:48	2.84	54	2:38	19	3:57
Rad	20.00	34:09	35.14	15	3:24	49	3:24	20.70	48:57	25.37	54	3:13	259	7:04
Wechsel Rad-Lau	0.05	0:57	3.16	24	0:31	104	0:54	20.75	49:54	24.95	54	3:21	20	7:10
Rad Total	20.05	35:06	34.27	14	3:29	47	3:29	20.75	49:54	24.95	54	3:21	20	7:10
Lauf	5.00	20:12	14.85	7	3:51	33	4:40	25.75	1:10:06	22.04	16	9:26	66	11:44