



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Nassau, Jörg

Total time: 1:13:40

Number: 175

Course: 25.75 km

Rank in course/Total: 117 (of 322)

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

Rank in course/Men: 109 (of 260)

Best time in course: 58:22

Category:

Rank in category: 28(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	7:48	3.85	1	-	5	1:04	0.50	7:48	3.85	54		259	
Wechsel Schwim	0.20	2:25	4.97	27	0:52	107	0:59	0.70	10:13	4.11	54		259	
Schwimmen Total	0.70	10:13	4.11	54		259		0.70	10:13	4.11	54		259	
Rad	20.00	36:54	32.52	32	6:09	133	6:09	20.70	47:07	26.36	54	1:23	259	5:14
Wechsel Rad-Lau	0.05	0:51	3.53	17	0:25	66	0:48	20.75	47:58	25.96	54	1:25	256	5:14
Rad Total	20.05	37:45	31.87	31	6:08	125	6:08	20.75	47:58	25.96	54	1:25	256	5:14
Lauf	5.00	25:42	11.67	42	9:21	187	10:10	25.75	1:13:40	20.97	28	13:00	111	15:18