



## 10. Lorsch Triathlon

Lorsch / 11.08.2013

### Detailed evaluation

Nakaten, Christoph

Total time: 1:13:42

Number: 158

Course: 25.75 km

Rank in course/Total: 119 (of 322)

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

Rank in course/Men: 110 (of 260)

Best time in course: 58:22

Category:

Rank in category: 23(of 51)

Senioren 2 (TM 45.49)

Best time in the category: 1:01:48

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|------------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen        | 0.50        | 12:08         | 2.47          | 38          | 4:24           | 189        | 5:24          | 0.50        | 12:08         | 2.47          | 51          | 3:22           | 259        | 3:02          |
| Wechsel Schwim   | 0.20        | 2:32          | 4.74          | 25          | 1:04           | 119        | 1:06          | 0.70        | 14:40         | 2.86          | 51          | 4:03           | 259        | 3:49          |
| Schwimmen Total  | 0.70        | 14:40         | 2.86          | 51          | 4:03           | 259        | 3:49          | 0.70        | 14:40         | 2.86          | 51          | 4:03           | 259        | 3:49          |
| Rad              | 20.00       | 35:14         | 34.06         | 19          | 4:12           | 82         | 4:29          | 20.70       | 49:54         | 24.89         | 51          | 1:23           | 259        | 8:01          |
| Wechsel Rad-Lauf | 0.05        | 1:34          | 1.91          | 41          | 1:03           | 215        | 1:31          | 20.75       | 51:28         | 24.19         | 50          | 2:05           | 256        | 8:44          |
| Rad Total        | 20.05       | 36:48         | 32.69         | 21          | 4:55           | 102        | 5:11          | 20.75       | 51:28         | 24.19         | 50          | 2:05           | 256        | 8:44          |
| Lauf             | 5.00        | 22:14         | 13.49         | 17          | 3:09           | 92         | 6:42          | 25.75       | 1:13:42       | 20.96         | 24          | 11:54          | 112        | 15:20         |