



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Blesing, Michael

Total time: 1:14:32

Club: Heppenheimer Skiclub

Number: 161

Course: 25.75 km

Rank in course/Total: 133 (of 322)

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

Rank in course/Men: 120 (of 260)

Best time in course: 58:22

Category:

Rank in category: 15(of 26)

männl. AK 4 (TM 35-39)

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	12:28	2.41	23	4:15	196	5:44	0.50	12:28	2.41	27	3:18	259	3:22
Wechsel Schwim	0.20	1:59	6.05	10	0:19	59	0:33	0.70	14:27	2.91	27	3:20	40	3:36
Schwimmen Total	0.70	14:27	2.91	27	3:20	40	3:36	0.70	14:27	2.91	27	3:20	40	3:36
Rad	20.00	36:33	32.83	16	5:28	121	5:48	20.70	51:00	24.35	27	7:42	259	9:07
Wechsel Rad-Lauf	0.05	0:59	3.05	15	0:19	112	0:56	20.75	51:59	23.95	27	7:50	256	9:15
Rad Total	20.05	37:32	32.05	16	5:42	118	5:55	20.75	51:59	23.95	27	7:50	256	9:15
Lauf	5.00	22:33	13.30	15	4:49	101	7:01	25.75	1:14:32	20.73	15	14:31	122	16:10