



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Kress, Dr. Alexander

Total time: 1:15:14

Number: 174

Course: 25.75 km

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

Rank in course/Total: 143 (of 322)

Rank in course/Men: 129 (of 260)

Best time in course: 58:22

Category:

Senioren 2 (TM 45.49)

Rank in category: 28(of 51)

Best time in the category: 1:01:48

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	11:44	2.56	35	4:00	167	5:00	0.50	11:44	2.56	51	2:58	259	2:38
Wechsel Schwim	0.20	2:31	4.77	24	1:03	118	1:05	0.70	14:15	2.95	51	3:38	259	3:24
Schwimmen Total	0.70	14:15	2.95	51	3:38	259	3:24	0.70	14:15	2.95	51	3:38	259	3:24
Rad	20.00	37:40	31.86	35	6:38	158	6:55	20.70	51:55	23.92	51	3:24	259	10:02
Wechsel Rad-Lauf	0.05	1:13	2.47	32	0:42	170	1:10	20.75	53:08	23.43	50	3:45	256	10:24
Rad Total	20.05	38:53	30.94	35	7:00	161	7:16	20.75	53:08	23.43	50	3:45	256	10:24
Lauf	5.00	22:06	13.57	16	3:01	86	6:34	25.75	1:15:14	20.54	29	13:26	131	16:52