



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Glanzner, Robert

Total time: 1:15:19

Number: 179

Course: 25.75 km

Rank in course/Total: 146 (of 322)

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

Rank in course/Men: 132 (of 260)

Best time in course: 58:22

Category:

Rank in category: 29(of 51)

Senioren 2 (TM 45.49)

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	10:06	2.97	19	2:22	86	3:22	0.50	10:06	2.97	51	1:20	259	1:00
Wechsel Schwim	0.20	2:32	4.74	25	1:04	119	1:06	0.70	12:38	3.32	51	2:01	32	1:47
Schwimmen Total	0.70	12:38	3.32	51	2:01	32	1:47	0.70	12:38	3.32	51	2:01	32	1:47
Rad	20.00	38:50	30.90	40	7:48	187	8:05	20.70	51:28	24.13	51	2:57	259	9:35
Wechsel Rad-Lauf	0.05	1:12	2.50	30	0:41	164	1:09	20.75	52:40	23.64	50	3:17	256	9:56
Rad Total	20.05	40:02	30.05	39	8:09	181	8:25	20.75	52:40	23.64	50	3:17	256	9:56
Lauf	5.00	22:39	13.25	21	3:34	104	7:07	25.75	1:15:19	20.51	30	13:31	134	16:57