



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Thinius, Wolfgang

Total time: 1:36:43

Club: TVgg Lorsch

Number: 124

Course: 25.75 km

Rank in course/Total: 308 (of 322)

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

Rank in course/Men: 250 (of 260)

Best time in course: 58:22

Category:

Rank in category: 19(of 20)

Senioren 4 (TM 55-59)

Best time in the category: 1:07:00

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	10:54	2.75	6	2:54	127	4:10	0.50	10:54	2.75	21		259	1:48
Wechsel Schwim	0.20	3:16	3.67	13	1:33	202	1:50	0.70	14:10	2.96	21		259	3:19
Schwimmen Total	0.70	14:10	2.96	21		259	3:19	0.70	14:10	2.96	21		259	3:19
Rad	20.00	49:35	24.20	19	15:34	256	18:50	20.70	1:03:45	19.48	21	7:04	259	21:52
Wechsel Rad-Lau	0.05	0:48	3.75	2	0:04	50	0:45	20.75	1:04:33	19.29	20	0:53	256	21:49
Rad Total	20.05	50:23	23.88	19	15:24	254	18:46	20.75	1:04:33	19.29	20	0:53	256	21:49
Lauf	5.00	32:10	9.33	19	12:22	243	16:38	25.75	1:36:43	15.97	19	29:43	252	38:21