



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Kissel, Ralf

Total time: 1:17:24

Club: Heppenheimer Skiclub

Number: 165

Course: 25.75 km

Rank in course/Total: 178 (of 322)

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

Rank in course/Men: 159 (of 260)

Best time in course: 58:22

Category:

Rank in category: 21(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	9:44	3.08	8	1:31	61	3:00	0.50	9:44	3.08	27	0:34	259	0:38
Wechsel Schwim	0.20	3:42	3.24	25	2:02	228	2:16	0.70	13:26	3.13	27	2:19	259	2:35
Schwimmen Total	0.70	13:26	3.13	27	2:19	259	2:35	0.70	13:26	3.13	27	2:19	259	2:35
Rad	20.00	38:27	31.21	22	7:22	177	7:42	20.70	51:53	23.94	27	8:35	259	10:00
Wechsel Rad-Lauf	0.05	1:46	1.70	25	1:06	231	1:43	20.75	53:39	23.21	27	9:30	256	10:55
Rad Total	20.05	40:13	29.91	23	8:23	184	8:36	20.75	53:39	23.21	27	9:30	256	10:55
Lauf	5.00	23:45	12.63	21	6:01	142	8:13	25.75	1:17:24	19.96	21	17:23	161	19:02