



# 10. Lorsche Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Hoffmann, Lars

Total time: 1:18:25

Number: 156

Course: 25.75 km

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

Rank in course/Total: 189 (of 322)

Rank in course/Men: 166 (of 260)

Best time in course: 58:22

Category:

Senioren 2 (TM 45.49)

Rank in category: 34(of 51)

Best time in the category: 1:01:48

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|------------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen        | 0.50        | 13:56         | 2.15          | 45          | 6:12           | 237        | 7:12          | 0.50        | 13:56         | 2.15          | 51          | 5:10           | 259        | 4:50          |
| Wechsel Schwim   | 0.20        | 2:25          | 4.97          | 20          | 0:57           | 107        | 0:59          | 0.70        | 16:21         | 2.57          | 51          | 5:44           | 259        | 5:30          |
| Schwimmen Total  | 0.70        | 16:21         | 2.57          | 51          | 5:44           | 259        | 5:30          | 0.70        | 16:21         | 2.57          | 51          | 5:44           | 259        | 5:30          |
| Rad              | 20.00       | 37:36         | 31.91         | 32          | 6:34           | 155        | 6:51          | 20.70       | 53:57         | 23.02         | 51          | 5:26           | 259        | 12:04         |
| Wechsel Rad-Lauf | 0.05        | 1:34          | 1.91          | 41          | 1:03           | 215        | 1:31          | 20.75       | 55:31         | 22.43         | 50          | 6:08           | 256        | 12:47         |
| Rad Total        | 20.05       | 39:10         | 30.71         | 38          | 7:17           | 168        | 7:33          | 20.75       | 55:31         | 22.43         | 50          | 6:08           | 256        | 12:47         |
| Lauf             | 5.00        | 22:54         | 13.10         | 23          | 3:49           | 110        | 7:22          | 25.75       | 1:18:25       | 19.70         | 35          | 16:37          | 168        | 20:03         |