



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Hoppe, Marc

Club: SG Überau

Number: 154

Course: 25.75 km

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

Category:

männl. AK 3 (TM 30-34)

Total time: 1:18:24

Rank in course/Total: 188 (of 322)

Rank in course/Men: 165 (of 260)

Best time in course: 58:22

Rank in category: 17(of 25)

Best time in the category: 1:03:04

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	11:37	2.58	18	3:15	161	4:53	0.50	11:37	2.58	16		13	2:31
Wechsel Schwim	0.20	2:33	4.71	11	0:53	122	1:07	0.70	14:10	2.96	16		259	3:19
Schwimmen Total	0.70	14:10	2.96	16		259	3:19	0.70	14:10	2.96	16		259	3:19
Rad	20.00	40:13	29.84	21	8:15	212	9:28	20.70	54:23	22.84	16		259	12:30
Wechsel Rad-Lau	0.05	1:07	2.69	15	0:37	148	1:04	20.75	55:30	22.43	16		256	12:46
Rad Total	20.05	41:20	29.10	20	8:35	206	9:43	20.75	55:30	22.43	16		256	12:46
Lauf	5.00	22:54	13.10	15	4:59	110	7:22	25.75	1:18:24	19.71	18	15:20	167	20:02