



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Zillig, Ruben

Total time: 59:50

Club: LG VfL/SSG Bensheim

Number: 230

Course: 25.75 km

Rank in course/Total: 2 (of 322)

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

Rank in course/Men: 2 (of 260)

Best time in course: 58:22

Category:

Rank in category: 2(of 16)

männl. AK 1 (TM 20-24)

Best time in the category: 58:22

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	9:09	3.28	7	2:25	30	2:25	0.50	9:09	3.28	17		259	0:03
Wechsel Schwim	0.20	1:53	6.37	8	0:27	42	0:27	0.70	11:02	3.81	17		259	0:11
Schwimmen Total	0.70	11:02	3.81	17		259	0:11	0.70	11:02	3.81	17		259	0:11
Rad	20.00	32:15	37.21	3	0:53	14	1:30	20.70	43:17	28.69	17		259	1:24
Wechsel Rad-Lau	0.05	1:01	2.95	11	0:27	124	0:58	20.75	44:18	28.10	16		256	1:34
Rad Total	20.05	33:16	36.16	3	1:20	15	1:39	20.75	44:18	28.10	16		256	1:34
Lauf	5.00	15:32	19.31	1	-	1	-	25.75	59:50	25.82	2	1:28	2	1:28