



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Schmunkamp, Marc

Total time: 1:21:21

Number: 173

Course: 25.75 km

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

Rank in course/Total: 219 (of 322)

Rank in course/Men: 190 (of 260)

Best time in course: 58:22

Category:

männl. AK 3 (TM 30-34)

Rank in category: 21(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	11:23	2.64	16	3:01	153	4:39	0.50	11:23	2.64	15		259	2:17
Wechsel Schwim	0.20	3:09	3.81	18	1:29	189	1:43	0.70	14:32	2.89	15		259	3:41
Schwimmen Total	0.70	14:32	2.89	15		259	3:41	0.70	14:32	2.89	15		259	3:41
Rad	20.00	42:04	28.53	23	10:06	234	11:19	20.70	56:36	21.94	15		259	14:43
Wechsel Rad-Lau	0.05	1:05	2.77	14	0:35	140	1:02	20.75	57:41	21.58	15		256	14:57
Rad Total	20.05	43:09	27.88	23	10:24	232	11:32	20.75	57:41	21.58	15		256	14:57
Lauf	5.00	23:40	12.68	16	5:45	137	8:08	25.75	1:21:21	18.99	22	18:17	192	22:59