



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Friedrich, Kai

Total time: 1:03:55

Number: 210

Course: 25.75 km

Rank in course/Total: 18 (of 322)

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

Rank in course/Men: 15 (of 260)

Best time in course: 58:22

Category:

Rank in category: 2(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	9:14	3.25	4	1:01	36	2:30	0.50	9:14	3.25	15	0:04	259	0:08
Wechsel Schwim	0.20	1:49	6.61	4	0:09	31	0:23	0.70	11:03	3.80	15		259	0:12
Schwimmen Total	0.70	11:03	3.80	15		259	0:12	0.70	11:03	3.80	15		259	0:12
Rad	20.00	32:38	36.77	3	1:33	18	1:53	20.70	43:41	28.43	15	0:23	259	1:48
Wechsel Rad-Lau	0.05	0:41	4.39	2	0:01	21	0:38	20.75	44:22	28.06	15	0:13	256	1:38
Rad Total	20.05	33:19	36.11	3	1:29	16	1:42	20.75	44:22	28.06	15	0:13	256	1:38
Lauf	5.00	19:33	15.35	4	1:49	22	4:01	25.75	1:03:55	24.17	2	3:54	16	5:33