



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Si, Han

Total time: 1:05:14

Club: Bensheim

Number: 208

Course: 25.75 km

Rank in course/Total: 27 (of 322)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 25 (of 260)

Best time in course: 58:22

Category:

Rank in category: 3(of 26)

männl. AK 4 (TM 35-39)

Best time in the category: 1:00:01

### 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        | 9:10          | 3.27          | 3           | 0:57           | 32         | 2:26          | 0.50        | 9:10          | 3.27          | 1           | -              | 259        | 0:04          |
| Wechsel Schwim  | 0.20        | 1:57          | 6.15          | 8           | 0:17           | 54         | 0:31          | 0.70        | 11:07         | 3.78          | 1           | -              | 259        | 0:16          |
| Schwimmen Total | 0.70        | 11:07         | 3.78          | 1           | -              | 259        | 0:16          | 0.70        | 11:07         | 3.78          | 1           | -              | 259        | 0:16          |
| Rad             | 20.00       | 32:11         | 37.29         | 2           | 1:06           | 13         | 1:26          | 20.70       | 43:18         | 28.68         | 1           | -              | 259        | 1:25          |
| Wechsel Rad-Lau | 0.05        | 0:51          | 3.53          | 7           | 0:11           | 66         | 0:48          | 20.75       | 44:09         | 28.20         | 1           | -              | 256        | 1:25          |
| Rad Total       | 20.05       | 33:02         | 36.42         | 2           | 1:12           | 12         | 1:25          | 20.75       | 44:09         | 28.20         | 1           | -              | 256        | 1:25          |
| Lauf            | 5.00        | 21:05         | 14.23         | 9           | 3:21           | 56         | 5:33          | 25.75       | 1:05:14       | 23.68         | 3           | 5:13           | 26         | 6:52          |