



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Slabke, Dr. Uwe

Total time: 1:06:28

Club: LED Institut

Number: 196

Course: 25.75 km

Rank in course/Total: 36 (of 322)

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

Rank in course/Men: 34 (of 260)

Best time in course: 58:22

Category:

Rank in category: 8(of 51)

Senioren 2 (TM 45.49)

Best time in the category: 1:01:48

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	8:52	3.38	5	1:08	23	2:08	0.50	8:52	3.38	51	0:06	259	
Wechsel Schwim	0.20	1:28	8.18	1	-	2	0:02	0.70	10:20	4.06	51		259	
Schwimmen Total	0.70	10:20	4.06	51		259		0.70	10:20	4.06	51		259	
Rad	20.00	32:54	36.47	6	1:52	25	2:09	20.70	43:14	28.73	51		259	1:21
Wechsel Rad-Lauf	0.05	0:44	4.09	10	0:13	32	0:41	20.75	43:58	28.32	50		256	1:14
Rad Total	20.05	33:38	35.77	7	1:45	26	2:01	20.75	43:58	28.32	50		256	1:14
Lauf	5.00	22:30	13.33	19	3:25	100	6:58	25.75	1:06:28	23.24	9	4:40	35	8:06