



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Götz, Carsten

Total time: 1:29:03

Club: LT Lorsch

Number: 177

Course: 25.75 km

Rank in course/Total: 278 (of 322)

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

Rank in course/Men: 231 (of 260)

Best time in course: 58:22

Category:

Rank in category: 48(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

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	12:53	2.33	45	5:05	210	6:09	0.50	12:53	2.33	54	2:47	37	3:47
Wechsel Schwim	0.20	4:02	2.98	51	2:29	236	2:36	0.70	16:55	2.48	54	4:45	259	6:04
Schwimmen Total	0.70	16:55	2.48	54	4:45	259	6:04	0.70	16:55	2.48	54	4:45	259	6:04
Rad	20.00	39:14	30.59	42	8:29	193	8:29	20.70	56:09	22.12	54	10:25	259	14:16
Wechsel Rad-Lauf	0.05	1:40	1.80	49	1:14	223	1:37	20.75	57:49	21.53	54	11:16	256	15:05
Rad Total	20.05	40:54	29.41	43	9:17	198	9:17	20.75	57:49	21.53	54	11:16	256	15:05
Lauf	5.00	31:14	9.61	49	14:53	238	15:42	25.75	1:29:03	17.35	48	28:23	233	30:41