



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Pockrandt, Oliver

Total time: 1:30:18

Number: 168

Course: 25.75 km

Rank in course/Total: 286 (of 322)

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

Rank in course/Men: 236 (of 260)

Best time in course: 58:22

Category:

Rank in category: 22(of 25)

männl. AK 3 (TM 30-34)

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	13:31	2.22	23	5:09	230	6:47	0.50	13:31	2.22	1	-	259	4:25
Wechsel Schwim	0.20	3:15	3.69	19	1:35	198	1:49	0.70	16:46	2.50	1	-	259	5:55
Schwimmen Total	0.70	16:46	2.50	1	-	259	5:55	0.70	16:46	2.50	1	-	259	5:55
Rad	20.00	40:08	29.90	20	8:10	209	9:23	20.70	56:54	21.83	1	-	40	15:01
Wechsel Rad-Lau	0.05	1:40	1.80	22	1:10	223	1:37	20.75	58:34	21.26	1	-	256	15:50
Rad Total	20.05	41:48	28.78	21	9:03	215	10:11	20.75	58:34	21.26	1	-	256	15:50
Lauf	5.00	31:44	9.45	23	13:49	240	16:12	25.75	1:30:18	17.11	23	27:14	238	31:56