



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Gaa, Johann

Total time: 1:33:54

Number: 185

Course: 25.75 km

Rank in course/Total: 301 (of 322)

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

Rank in course/Men: 247 (of 260)

Best time in course: 58:22

Category:

Rank in category: 24(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	16:19	1.84	24	7:57	256	9:35	0.50	16:19	1.84	12	2:48	259	7:13
Wechsel Schwim	0.20	2:47	4.31	14	1:07	150	1:21	0.70	19:06	2.20	12	2:20	259	8:15
Schwimmen Total	0.70	19:06	2.20	12	2:20	259	8:15	0.70	19:06	2.20	12	2:20	259	8:15
Rad	20.00	43:14	27.76	24	11:16	242	12:29	20.70	1:02:20	19.93	12	5:26	259	20:27
Wechsel Rad-Lauf	0.05	1:19	2.28	21	0:49	189	1:16	20.75	1:03:39	19.56	12	5:05	256	20:55
Rad Total	20.05	44:33	27.00	24	11:48	244	12:56	20.75	1:03:39	19.56	12	5:05	256	20:55
Lauf	5.00	30:15	9.92	22	12:20	231	14:43	25.75	1:33:54	16.45	25	30:50	249	35:32