



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Helfrich, Tim

Total time: 1:15:01

Number: 240

Course: 25.75 km

Rank in course/Total: 140 (of 322)

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

Rank in course/Men: 126 (of 260)

Best time in course: 58:22

Category:

Rank in category: 27(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	12:07	2.48	37	4:23	186	5:23	0.50	12:07	2.48	51	3:21	20	3:01
Wechsel Schwim	0.20	3:15	3.69	38	1:47	198	1:49	0.70	15:22	2.73	51	4:45	259	4:31
Schwimmen Total	0.70	15:22	2.73	51	4:45	259	4:31	0.70	15:22	2.73	51	4:45	259	4:31
Rad	20.00	35:36	33.71	21	4:34	98	4:51	20.70	50:58	24.37	51	2:27	259	9:05
Wechsel Rad-Lau	0.05	1:09	2.61	27	0:38	153	1:06	20.75	52:07	23.89	50	2:44	256	9:23
Rad Total	20.05	36:45	32.73	20	4:52	99	5:08	20.75	52:07	23.89	50	2:44	256	9:23
Lauf	5.00	22:54	13.10	23	3:49	110	7:22	25.75	1:15:01	20.60	28	13:13	128	16:39