



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Laurenz, Alexander

Total time: 1:15:26

Club: Running Holzwurm

Number: 237

Course: 25.75 km

Rank in course/Total: 147 (of 322)

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

Rank in course/Men: 133 (of 260)

Best time in course: 58:22

Category:

Rank in category: 30(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	10:59	2.73	28	3:15	136	4:15	0.50	10:59	2.73	51	2:13	259	1:53
Wechsel Schwim	0.20	2:10	5.54	16	0:42	80	0:44	0.70	13:09	3.19	51	2:32	15	2:18
Schwimmen Total	0.70	13:09	3.19	51	2:32	15	2:18	0.70	13:09	3.19	51	2:32	15	2:18
Rad	20.00	37:38	31.89	33	6:36	156	6:53	20.70	50:47	24.46	51	2:16	259	8:54
Wechsel Rad-Lauf	0.05	0:41	4.39	6	0:10	21	0:38	20.75	51:28	24.19	50	2:05	256	8:44
Rad Total	20.05	38:19	31.40	31	6:26	143	6:42	20.75	51:28	24.19	50	2:05	256	8:44
Lauf	5.00	23:58	12.52	28	4:53	147	8:26	25.75	1:15:26	20.48	31	13:38	135	17:04