



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Bensching, Stefan

Total time: 1:16:01

Number: 233

Course: 25.75 km

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

Rank in course/Total: 159 (of 322)

Rank in course/Men: 142 (of 260)

Best time in course: 58:22

Category:

Senioren 2 (TM 45.49)

Rank in category: 32(of 51)

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	11:28	2.62	34	3:44	156	4:44	0.50	11:28	2.62	51	2:42	259	2:22
Wechsel Schwim	0.20	2:34	4.68	27	1:06	123	1:08	0.70	14:02	2.99	51	3:25	259	3:11
Schwimmen Total	0.70	14:02	2.99	51	3:25	259	3:11	0.70	14:02	2.99	51	3:25	259	3:11
Rad	20.00	36:42	32.70	28	5:40	127	5:57	20.70	50:44	24.48	51	2:13	259	8:51
Wechsel Rad-Lauf	0.05	1:34	1.91	41	1:03	215	1:31	20.75	52:18	23.80	50	2:55	256	9:34
Rad Total	20.05	38:16	31.44	30	6:23	140	6:39	20.75	52:18	23.80	50	2:55	256	9:34
Lauf	5.00	23:43	12.65	26	4:38	138	8:11	25.75	1:16:01	20.32	33	14:13	144	17:39