



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Cop, Fryderyk

Club: TRIA Leierhans

Number: 193

Course: 25.75 km

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

Category:

Senioren 5 (TM 60-64)

Total time: 1:16:49

Rank in course/Total: 169 (of 322)

Rank in course/Men: 151 (of 260)

Best time in course: 58:22

Rank in category: 4(of 10)

Best time in the category: 1:10:54

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	10:28	2.87	3	0:41	104	3:44	0.50	10:28	2.87	11		259	1:22
Wechsel Schwim	0.20	2:58	4.04	5	1:01	169	1:32	0.70	13:26	3.13	11		259	2:35
Schwimmen Total	0.70	13:26	3.13	11		259	2:35	0.70	13:26	3.13	11		259	2:35
Rad	20.00	37:57	31.62	5	2:35	168	7:12	20.70	51:23	24.17	11		259	9:30
Wechsel Rad-Lauf	0.05	0:54	3.33	4	0:16	85	0:51	20.75	52:17	23.81	11		256	9:33
Rad Total	20.05	38:51	30.97	5	2:51	159	7:14	20.75	52:17	23.81	11		256	9:33
Lauf	5.00	24:32	12.23	3	1:22	160	9:00	25.75	1:16:49	20.11	4	5:55	153	18:27