



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Michel, Ralf

Total time: 1:16:53

Number: 201

Course: 25.75 km

Rank in course/Total: 170 (of 322)

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

Rank in course/Men: 152 (of 260)

Best time in course: 58:22

Category:

Rank in category: 33(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	10:57	2.74	26	3:13	134	4:13	0.50	10:57	2.74	51	2:11	259	1:51
Wechsel Schwim	0.20	3:09	3.81	37	1:41	189	1:43	0.70	14:06	2.98	51	3:29	259	3:15
Schwimmen Total	0.70	14:06	2.98	51	3:29	259	3:15	0.70	14:06	2.98	51	3:29	259	3:15
Rad	20.00	36:40	32.73	27	5:38	125	5:55	20.70	50:46	24.46	51	2:15	259	8:53
Wechsel Rad-Lauf	0.05	0:55	3.27	16	0:24	97	0:52	20.75	51:41	24.09	50	2:18	256	8:57
Rad Total	20.05	37:35	32.01	26	5:42	119	5:58	20.75	51:41	24.09	50	2:18	256	8:57
Lauf	5.00	25:12	11.90	35	6:07	178	9:40	25.75	1:16:53	20.10	34	15:05	154	18:31