



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Drees, Karsten

Total time: 1:19:07

Club: Schankanlagen Ketsch

Number: 207

Course: 25.75 km

Rank in course/Total: 196 (of 322)

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

Rank in course/Men: 172 (of 260)

Best time in course: 58:22

Category:

Rank in category: 39(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

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	11:02	2.72	29	3:14	141	4:18	0.50	11:02	2.72	54	0:56	259	1:56
Wechsel Schwim	0.20	3:01	3.98	38	1:28	177	1:35	0.70	14:03	2.99	54	1:53	259	3:12
Schwimmen Total	0.70	14:03	2.99	54	1:53	259	3:12	0.70	14:03	2.99	54	1:53	259	3:12
Rad	20.00	40:25	29.69	45	9:40	213	9:40	20.70	54:28	22.80	54	8:44	259	12:35
Wechsel Rad-Lauf	0.05	0:45	4.00	7	0:19	37	0:42	20.75	55:13	22.55	54	8:40	256	12:29
Rad Total	20.05	41:10	29.22	44	9:33	202	9:33	20.75	55:13	22.55	54	8:40	256	12:29
Lauf	5.00	23:54	12.55	37	7:33	145	8:22	25.75	1:19:07	19.53	39	18:27	174	20:45