



10. Lorscher Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Kies, Thorsten

Total time: 1:03:04

Club: TTV Topspin Lorsch

Number: 30

Course: 25.75 km

Rank in course/Total: 14 (of 322)

Lorscher Triathlon 0,5-20,0-5,0

Rank in course/Men: 12 (of 260)

Best time in course: 58:22

Category:

Rank in category: 1(of 25)

männl. AK 3 (TM 30-34)

Best time in the category: 1:03:04

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	9:50	3.05	5	1:28	69	3:06	0.50	9:50	3.05	25		2	0:44
Wechsel Schwim	0.20	1:53	6.37	4	0:13	42	0:27	0.70	11:43	3.58	25		2	0:52
Schwimmen Total	0.70	11:43	3.58	25		2	0:52	0.70	11:43	3.58	25		2	0:52
Rad	20.00	32:42	36.70	3	0:44	21	1:57	20.70	44:25	27.96	25		2	2:32
Wechsel Rad-Lau	0.05	0:44	4.09	5	0:14	32	0:41	20.75	45:09	27.57	25		2	2:25
Rad Total	20.05	33:26	35.98	3	0:41	20	1:49	20.75	45:09	27.57	25		2	2:25
Lauf	5.00	17:55	16.74	1	-	7	2:23	25.75	1:03:04	24.50	1	-	13	4:42