



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Heid, Tobias

Total time: 1:20:00

Number: 219

Course: 25.75 km

Rank in course/Total: 208 (of 322)

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

Rank in course/Men: 181 (of 260)

Best time in course: 58:22

Category:

Rank in category: 19(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	11:06	2.70	14	2:44	142	4:22	0.50	11:06	2.70	25		259	2:00
Wechsel Schwim	0.20	3:06	3.87	17	1:26	185	1:40	0.70	14:12	2.96	25		259	3:21
Schwimmen Total	0.70	14:12	2.96	25		259	3:21	0.70	14:12	2.96	25		259	3:21
Rad	20.00	39:25	30.44	19	7:27	196	8:40	20.70	53:37	23.16	25		259	11:44
Wechsel Rad-Lau	0.05	1:17	2.34	20	0:47	183	1:14	20.75	54:54	22.68	25		256	12:10
Rad Total	20.05	40:42	29.56	19	7:57	195	9:05	20.75	54:54	22.68	25		256	12:10
Lauf	5.00	25:06	11.95	20	7:11	176	9:34	25.75	1:20:00	19.31	20	16:56	183	21:38