



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Degen, Jörg

Total time: 1:03:20

Number: 280

Course: 25.75 km

Rank in course/Total: 16 (of 322)

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

Rank in course/Men: 14 (of 260)

Best time in course: 58:22

Category:

Rank in category: 3(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	9:09	3.28	8	1:21	30	2:25	0.50	9:09	3.28	54		259	0:03
Wechsel Schwim	0.20	1:49	6.61	7	0:16	31	0:23	0.70	10:58	3.83	54		259	0:07
Schwimmen Total	0.70	10:58	3.83	54		259	0:07	0.70	10:58	3.83	54		259	0:07
Rad	20.00	31:41	37.87	3	0:56	7	0:56	20.70	42:39	29.12	54		259	0:46
Wechsel Rad-Lau	0.05	0:44	4.09	6	0:18	32	0:41	20.75	43:23	28.70	54		256	0:39
Rad Total	20.05	32:25	37.11	3	0:48	6	0:48	20.75	43:23	28.70	54		256	0:39
Lauf	5.00	19:57	15.04	6	3:36	28	4:25	25.75	1:03:20	24.39	3	2:40	15	4:58