



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Guagliano, Salvatore

Total time: 1:04:50

Club: LAZ Triathlon

Number: 274

Course: 25.75 km

Rank in course/Total: 25 (of 322)

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

Rank in course/Men: 21 (of 260)

Best time in course: 58:22

Category:

Rank in category: 5(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	12:08	2.47	36	4:20	189	5:24	0.50	12:08	2.47	54	2:02	259	3:02
Wechsel Schwim	0.20	1:44	6.92	5	0:11	23	0:18	0.70	13:52	3.03	54	1:42	259	3:01
Schwimmen Total	0.70	13:52	3.03	54	1:42	259	3:01	0.70	13:52	3.03	54	1:42	259	3:01
Rad	20.00	30:45	39.02	1	-	1	-	20.70	44:37	27.84	54		259	2:44
Wechsel Rad-Lauf	0.05	0:52	3.46	19	0:26	72	0:49	20.75	45:29	27.37	54		256	2:45
Rad Total	20.05	31:37	38.05	1	-	1	-	20.75	45:29	27.37	54		256	2:45
Lauf	5.00	19:21	15.50	4	3:00	15	3:49	25.75	1:04:50	23.83	5	4:10	22	6:28