



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Prenzel, Lutz

Total time: 1:25:14

Number: 239

Course: 25.75 km

Rank in course/Total: 251 (of 322)

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

Rank in course/Men: 215 (of 260)

Best time in course: 58:22

Category:

Rank in category: 8(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:10:54

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	13:01	2.30	7	3:14	215	6:17	0.50	13:01	2.30	11	1:05	259	3:55
Wechsel Schwim	0.20	3:24	3.53	7	1:27	211	1:58	0.70	16:25	2.56	11	1:40	259	5:34
Schwimmen Total	0.70	16:25	2.56	11	1:40	259	5:34	0.70	16:25	2.56	11	1:40	259	5:34
Rad	20.00	43:00	27.91	9	7:38	241	12:15	20.70	59:25	20.90	11	7:47	259	17:32
Wechsel Rad-Lauf	0.05	0:59	3.05	6	0:21	112	0:56	20.75	1:00:24	20.61	11	7:15	256	17:40
Rad Total	20.05	43:59	27.35	9	7:59	238	12:22	20.75	1:00:24	20.61	11	7:15	256	17:40
Lauf	5.00	24:50	12.08	4	1:40	168	9:18	25.75	1:25:14	18.13	8	14:20	217	26:52