



## 10. Lorsche Triathlon

Lorsch / 11.08.2013

### Detailed evaluation

Kern, Frank-Joachim

Total time: 1:26:10

Number: 223

Course: 25.75 km

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

Rank in course/Total: 257 (of 322)

Rank in course/Men: 218 (of 260)

Best time in course: 58:22

Category:

Senioren 3 (TM 50-54)

Rank in category: 27(of 32)

Best time in the category: 1:04:52

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|------------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|
| Schwimmen        | 0.50        | 10:55         | 2.75          | 13          | 2:20           | 128        | 4:11          | 0.50        | 10:55         | 2.75          | 14          |                | 18         | 1:49          |
| Wechsel Schwim   | 0.20        | 2:52          | 4.19          | 17          | 1:18           | 162        | 1:26          | 0.70        | 13:47         | 3.05          | 14          |                | 259        | 2:56          |
| Schwimmen Total  | 0.70        | 13:47         | 3.05          | 14          |                | 259        | 2:56          | 0.70        | 13:47         | 3.05          | 14          |                | 259        | 2:56          |
| Rad              | 20.00       | 40:02         | 29.98         | 26          | 6:41           | 206        | 9:17          | 20.70       | 53:49         | 23.08         | 14          | 1:59           | 259        | 11:56         |
| Wechsel Rad-Lauf | 0.05        | 2:02          | 1.48          | 32          | 1:22           | 247        | 1:59          | 20.75       | 55:51         | 22.29         | 14          | 3:01           | 256        | 13:07         |
| Rad Total        | 20.05       | 42:04         | 28.60         | 28          | 7:54           | 218        | 10:27         | 20.75       | 55:51         | 22.29         | 14          | 3:01           | 256        | 13:07         |
| Lauf             | 5.00        | 30:19         | 9.90          | 31          | 10:52          | 234        | 14:47         | 25.75       | 1:26:10       | 17.93         | 27          | 21:18          | 220        | 27:48         |