



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Bienek, Oliver

Total time: 1:06:25

Number: 248

Course: 25.75 km

Rank in course/Total: 35 (of 322)

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

Rank in course/Men: 33 (of 260)

Best time in course: 58:22

Category:

Rank in category: 2(of 11)

männl. AK 2 (TM 25-29)

Best time in the category: 1:00:41

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	10:07	2.97	5	1:31	88	3:23	0.50	10:07	2.97	12		259	1:01
Wechsel Schwim	0.20	1:51	6.49	2	0:09	37	0:25	0.70	11:58	3.51	12		259	1:07
Schwimmen Total	0.70	11:58	3.51	12		259	1:07	0.70	11:58	3.51	12		259	1:07
Rad	20.00	33:41	35.63	3	1:03	37	2:56	20.70	45:39	27.21	12		259	3:46
Wechsel Rad-Lau	0.05	0:29	6.21	2	0:26	3	0:26	20.75	46:08	26.99	12		256	3:24
Rad Total	20.05	34:10	35.21	3	0:33	30	2:33	20.75	46:08	26.99	12		256	3:24
Lauf	5.00	20:17	14.79	2	3:31	34	4:45	25.75	1:06:25	23.26	2	5:44	34	8:03