



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Krüger, Uwe

Total time: 1:07:21

Club: VFR Hettenleidelheim

Number: 278

Course: 25.75 km

Rank in course/Total: 40 (of 322)

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

Rank in course/Men: 38 (of 260)

Best time in course: 58:22

Category:

Rank in category: 9(of 51)

Senioren 2 (TM 45.49)

Best time in the category: 1:01:48

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	9:30	3.16	12	1:46	45	2:46	0.50	9:30	3.16	12	0:44	259	0:24
Wechsel Schwim	0.20	2:23	5.03	19	0:55	104	0:57	0.70	11:53	3.53	12	1:16	259	1:02
Schwimmen Total	0.70	11:53	3.53	12	1:16	259	1:02	0.70	11:53	3.53	12	1:16	259	1:02
Rad	20.00	34:24	34.88	10	3:22	55	3:39	20.70	46:17	26.83	12		259	4:24
Wechsel Rad-Lauf	0.05	1:05	2.77	25	0:34	140	1:02	20.75	47:22	26.28	12		7	4:38
Rad Total	20.05	35:29	33.90	12	3:36	57	3:52	20.75	47:22	26.28	12		7	4:38
Lauf	5.00	19:59	15.01	6	0:54	29	4:27	25.75	1:07:21	22.94	10	5:33	39	8:59