



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Gies, Michael

Total time: 1:10:36

Number: 265

Course: 25.75 km

Rank in course/Total: 73 (of 322)

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

Rank in course/Men: 68 (of 260)

Best time in course: 58:22

Category:

Rank in category: 10(of 26)

männl. AK 4 (TM 35-39)

Best time in the category: 1:00:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.50	8:13	0.00	1	-	8	1:29	0.50	8:13	0.00	27			259	
Wechsel Schwim	0.20	2:08	0.00	11	0:28	73	0:42	0.70	10:21	0.00	27			259	
Schwimmen Total	0.70	10:21	0.00	27		259		0.70	10:21	0.00	27			259	
Rad	20.00	34:34	34.72	7	3:29	60	3:49	20.70	44:55	26.72	27	1:37		259	3:02
Wechsel Rad-Lauf	0.05	0:59	0.00	15	0:19	112	0:56	20.75	45:54	26.14	27	1:45		256	3:10
Rad Total	20.05	35:33	33.76	7	3:43	59	3:56	20.75	45:54	26.14	27	1:45		256	3:10
Lauf	5.00	24:42	12.15	23	6:58	163	9:10	25.75	1:10:36	21.25	10	10:35		69	12:14