



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Egel-Hess, Dr. Wolfgang

Total time: 1:13:37

Club: LT Lorsch

Number: 258

Course: 25.75 km

Rank in course/Total: 115 (of 322)

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

Rank in course/Men: 107 (of 260)

Best time in course: 58:22

Category:

Rank in category: 12(of 32)

Senioren 3 (TM 50-54)

Best time in the category: 1:04:52

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	11:44	2.56	19	3:09	167	5:00	0.50	11:44	2.56	33		259	2:38
Wechsel Schwim	0.20	2:43	4.42	15	1:09	145	1:17	0.70	14:27	2.91	33		40	3:36
Schwimmen Total	0.70	14:27	2.91	33		40	3:36	0.70	14:27	2.91	33		40	3:36
Rad	20.00	34:56	34.35	4	1:35	69	4:11	20.70	49:23	25.15	33		259	7:30
Wechsel Rad-Lau	0.05	1:45	1.71	27	1:05	228	1:42	20.75	51:08	24.35	33		256	8:24
Rad Total	20.05	36:41	32.79	10	2:31	96	5:04	20.75	51:08	24.35	33		256	8:24
Lauf	5.00	22:29	13.34	8	3:02	99	6:57	25.75	1:13:37	20.99	12	8:45	109	15:15