



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Steingens, Uwe

Total time: 1:13:02

Number: 23

Course: 25.75 km

Rank in course/Total: 106 (of 322)

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

Rank in course/Men: 99 (of 260)

Best time in course: 58:22

Category:

Rank in category: 19(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	11:19	2.65	32	3:35	150	4:35	0.50	11:19	2.65	51	2:33	23	2:13
Wechsel Schwim	0.20	3:02	3.96	35	1:34	179	1:36	0.70	14:21	2.93	51	3:44	23	3:30
Schwimmen Total	0.70	14:21	2.93	51	3:44	23	3:30	0.70	14:21	2.93	51	3:44	23	3:30
Rad	20.00	34:35	34.70	14	3:33	61	3:50	20.70	48:56	25.38	51	0:25	23	7:03
Wechsel Rad-Lau	0.05	1:32	1.96	39	1:01	211	1:29	20.75	50:28	24.67	50	1:05	23	7:44
Rad Total	20.05	36:07	33.31	18	4:14	76	4:30	20.75	50:28	24.67	50	1:05	23	7:44
Lauf	5.00	22:34	13.29	20	3:29	102	7:02	25.75	1:13:02	21.15	20	11:14	101	14:40