



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Sauer, Mario

Total time: 1:14:45

Club: Harmonie Yoga Lorsch

Number: 267

Course: 25.75 km

Rank in course/Total: 136 (of 322)

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

Rank in course/Men: 123 (of 260)

Best time in course: 58:22

Category:

Rank in category: 17(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:33	2.84	15	2:20	110	3:49	0.50	10:33	2.84	27	1:23	259	1:27
Wechsel Schwim	0.20	3:10	3.79	21	1:30	192	1:44	0.70	13:43	3.06	27	2:36	259	2:52
Schwimmen Total	0.70	13:43	3.06	27	2:36	259	2:52	0.70	13:43	3.06	27	2:36	259	2:52
Rad	20.00	37:40	31.86	20	6:35	158	6:55	20.70	51:23	24.17	27	8:05	259	9:30
Wechsel Rad-Lauf	0.05	0:54	3.33	10	0:14	85	0:51	20.75	52:17	23.81	27	8:08	256	9:33
Rad Total	20.05	38:34	31.19	19	6:44	151	6:57	20.75	52:17	23.81	27	8:08	256	9:33
Lauf	5.00	22:28	13.35	14	4:44	98	6:56	25.75	1:14:45	20.67	17	14:44	125	16:23