



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Werner, Martin

Total time: 1:17:10

Number: 287

Course: 25.75 km

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

Rank in course/Total: 177 (of 322)

Rank in course/Men: 158 (of 260)

Best time in course: 58:22

Category:

Senioren 3 (TM 50-54)

Rank in category: 17(of 32)

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	8:56	3.36	2	0:21	25	2:12	0.50	8:56	3.36	33		259	
Wechsel Schwim	0.20	3:05	3.89	23	1:31	184	1:39	0.70	12:01	3.50	33		259	1:10
Schwimmen Total	0.70	12:01	3.50	33		259	1:10	0.70	12:01	3.50	33		259	1:10
Rad	20.00	37:12	32.26	19	3:51	146	6:27	20.70	49:13	25.24	33		259	7:20
Wechsel Rad-Lau	0.05	1:48	1.67	28	1:08	234	1:45	20.75	51:01	24.40	33		256	8:17
Rad Total	20.05	39:00	30.85	20	4:50	163	7:23	20.75	51:01	24.40	33		256	8:17
Lauf	5.00	26:09	11.47	22	6:42	192	10:37	25.75	1:17:10	20.02	17	12:18	160	18:48