



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Smjkale, Emil

Total time: 1:21:44

Number: 276

Course: 25.75 km

Rank in course/Total: 223 (of 322)

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

Rank in course/Men: 193 (of 260)

Best time in course: 58:22

Category:

Rank in category: 4(of 7)

Senioren 6 (TM 65-69)

Best time in the category: 1:13:55

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	15:04	1.99	5	5:39	248	8:20	0.50	15:04	1.99	8	4:32	259	5:58
Wechsel Schwim	0.20	3:20	3.60	6	1:12	206	1:54	0.70	18:24	2.28	8	4:40	259	7:33
Schwimmen Total	0.70	18:24	2.28	8	4:40	259	7:33	0.70	18:24	2.28	8	4:40	259	7:33
Rad	20.00	36:12	33.15	2	1:02	112	5:27	20.70	54:36	22.75	8		259	12:43
Wechsel Rad-Lauf	0.05	2:08	1.41	7	1:01	250	2:05	20.75	56:44	21.94	8	0:27	256	14:00
Rad Total	20.05	38:20	31.38	4	1:58	144	6:43	20.75	56:44	21.94	8	0:27	256	14:00
Lauf	5.00	25:00	12.00	3	0:39	172	9:28	25.75	1:21:44	18.90	4	7:49	195	23:22