



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Schleifer, Michael

Total time: 1:23:05

Club: LLG Wonnegau

Number: 286

Course: 25.75 km

Rank in course/Total: 235 (of 322)

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

Rank in course/Men: 201 (of 260)

Best time in course: 58:22

Category:

Rank in category: 45(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

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	14:48	2.03	51	7:00	246	8:04	0.50	14:48	2.03	54	4:42	259	5:42
Wechsel Schwim	0.20	3:02	3.96	40	1:29	179	1:36	0.70	17:50	2.36	54	5:40	259	6:59
Schwimmen Total	0.70	17:50	2.36	54	5:40	259	6:59	0.70	17:50	2.36	54	5:40	259	6:59
Rad	20.00	36:55	32.51	33	6:10	134	6:10	20.70	54:45	22.68	54	9:01	259	12:52
Wechsel Rad-Lauf	0.05	1:36	1.88	48	1:10	218	1:33	20.75	56:21	22.09	54	9:48	256	13:37
Rad Total	20.05	38:31	31.23	36	6:54	150	6:54	20.75	56:21	22.09	54	9:48	256	13:37
Lauf	5.00	26:44	11.22	44	10:23	196	11:12	25.75	1:23:05	18.60	45	22:25	203	24:43