



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Nickel, Manfred

Total time: 1:23:52

Number: 272

Course: 25.75 km

Rank in course/Total: 239 (of 322)

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

Rank in course/Men: 204 (of 260)

Best time in course: 58:22

Category:

Rank in category: 12(of 20)

Senioren 4 (TM 55-59)

Best time in the category: 1:07:00

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	13:23	2.24	18	5:23	224	6:39	0.50	13:23	2.24	21	0:53	259	4:17
Wechsel Schwim	0.20	4:11	2.87	16	2:28	244	2:45	0.70	17:34	2.39	21	0:50	259	6:43
Schwimmen Total	0.70	17:34	2.39	21	0:50	259	6:43	0.70	17:34	2.39	21	0:50	259	6:43
Rad	20.00	38:54	30.85	11	4:53	189	8:09	20.70	56:28	22.00	21		259	14:35
Wechsel Rad-Lauf	0.05	1:46	1.70	17	1:02	231	1:43	20.75	58:14	21.38	20		256	15:30
Rad Total	20.05	40:40	29.58	12	5:41	194	9:03	20.75	58:14	21.38	20		256	15:30
Lauf	5.00	25:38	11.70	12	5:50	185	10:06	25.75	1:23:52	18.42	12	16:52	206	25:30