



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Holzwurm, Bernie

Total time: 1:06:20

Number: 332

Course: 25.75 km

Rank in course/Total: 34 (of 322)

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

Rank in course/Men: 32 (of 260)

Best time in course: 58:22

Category:

Rank in category: 7(of 51)

Senioren 2 (TM 45.49)

Best time in the category: 1:01:48

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	9:19	3.22	11	1:35	43	2:35	0.50	9:19	3.22	51	0:33	259	0:13
Wechsel Schwim	0.20	1:55	6.26	10	0:27	48	0:29	0.70	11:14	3.74	51	0:37	259	0:23
Schwimmen Total	0.70	11:14	3.74	51	0:37	259	0:23	0.70	11:14	3.74	51	0:37	259	0:23
Rad	20.00	33:38	35.68	8	2:36	36	2:53	20.70	44:52	27.68	51		259	2:59
Wechsel Rad-Lauf	0.05	1:03	2.86	22	0:32	131	1:00	20.75	45:55	27.11	50		256	3:11
Rad Total	20.05	34:41	34.69	8	2:48	39	3:04	20.75	45:55	27.11	50		256	3:11
Lauf	5.00	20:25	14.69	8	1:20	39	4:53	25.75	1:06:20	23.29	8	4:32	33	7:58