



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Wieland, Gernot

Total time: 1:09:54

Club: SC Poseidon Worms

Number: 309

Course: 25.75 km

Rank in course/Total: 65 (of 322)

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

Rank in course/Men: 61 (of 260)

Best time in course: 58:22

Category:

Rank in category: 15(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	10:06	2.97	20	2:18	86	3:22	0.50	10:06	2.97	1	-	259	1:00
Wechsel Schwim	0.20	2:04	5.81	15	0:31	67	0:38	0.70	12:10	3.45	1	-	259	1:19
Schwimmen Total	0.70	12:10	3.45	1	-	259	1:19	0.70	12:10	3.45	1	-	259	1:19
Rad	20.00	33:34	35.75	10	2:49	35	2:49	20.70	45:44	27.16	1	-	259	3:51
Wechsel Rad-Lauf	0.05	0:49	3.67	15	0:23	57	0:46	20.75	46:33	26.75	1	-	256	3:49
Rad Total	20.05	34:23	34.99	11	2:46	37	2:46	20.75	46:33	26.75	1	-	256	3:49
Lauf	5.00	23:21	12.85	31	7:00	125	7:49	25.75	1:09:54	22.10	15	9:14	62	11:32