



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Zahnleiter, Thomas

Total time: 1:14:04

Club: physio3

Number: 302

Course: 25.75 km

Rank in course/Total: 128 (of 322)

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

Rank in course/Men: 117 (of 260)

Best time in course: 58:22

Category:

Rank in category: 31(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	12:06	2.48	35	4:18	185	5:22	0.50	12:06	2.48	17	2:00	259	3:00
Wechsel Schwim	0.20	2:22	5.07	24	0:49	102	0:56	0.70	14:28	2.90	17	2:18	259	3:37
Schwimmen Total	0.70	14:28	2.90	17	2:18	259	3:37	0.70	14:28	2.90	17	2:18	259	3:37
Rad	20.00	35:16	34.03	22	4:31	84	4:31	20.70	49:44	24.97	17	4:00	259	7:51
Wechsel Rad-Lauf	0.05	1:01	2.95	30	0:35	124	0:58	20.75	50:45	24.53	17	4:12	256	8:01
Rad Total	20.05	36:17	33.16	21	4:40	84	4:40	20.75	50:45	24.53	17	4:12	256	8:01
Lauf	5.00	23:19	12.87	30	6:58	123	7:47	25.75	1:14:04	20.86	31	13:24	119	15:42