



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Koob, Thorsten

Total time: 1:15:15

Number: 29

Course: 25.75 km

Rank in course/Total: 144 (of 322)

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

Rank in course/Men: 130 (of 260)

Best time in course: 58:22

Category:

Rank in category: 18(of 26)

männl. AK 4 (TM 35-39)

Best time in the category: 1:00:01

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	10:34	2.84	16	2:21	113	3:50	0.50	10:34	2.84	27	1:24	28	1:28
Wechsel Schwim	0.20	1:56	6.21	6	0:16	52	0:30	0.70	12:30	3.36	27	1:23	28	1:39
Schwimmen Total	0.70	12:30	3.36	27	1:23	28	1:39	0.70	12:30	3.36	27	1:23	28	1:39
Rad	20.00	38:20	31.30	21	7:15	174	7:35	20.70	50:50	24.43	27	7:32	28	8:57
Wechsel Rad-Lauf	0.05	0:57	3.16	13	0:17	104	0:54	20.75	51:47	24.04	27	7:38	28	9:03
Rad Total	20.05	39:17	30.62	20	7:27	169	7:40	20.75	51:47	24.04	27	7:38	28	9:03
Lauf	5.00	23:28	12.78	19	5:44	130	7:56	25.75	1:15:15	20.53	18	15:14	132	16:53