



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Schmich, Thomas

Total time: 1:15:49

Number: 329

Course: 25.75 km

Rank in course/Total: 155 (of 322)

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

Rank in course/Men: 140 (of 260)

Best time in course: 58:22

Category:

Rank in category: 7(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	13:04	2.30	16	5:04	218	6:20	0.50	13:04	2.30	21	0:34	259	3:58
Wechsel Schwim	0.20	1:43	6.99	1	-	22	0:17	0.70	14:47	2.84	21		259	3:56
Schwimmen Total	0.70	14:47	2.84	21		259	3:56	0.70	14:47	2.84	21		259	3:56
Rad	20.00	38:53	30.86	10	4:52	188	8:08	20.70	53:40	23.14	21		259	11:47
Wechsel Rad-Lauf	0.05	0:52	3.46	4	0:08	72	0:49	20.75	54:32	22.83	20		256	11:48
Rad Total	20.05	39:45	30.26	8	4:46	175	8:08	20.75	54:32	22.83	20		256	11:48
Lauf	5.00	21:17	14.10	4	1:29	61	5:45	25.75	1:15:49	20.38	7	8:49	142	17:27