



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Kondziella, Andreas

Total time: 1:15:48

Club: Goldbecks

Number: 315

Course: 25.75 km

Rank in course/Total: 153 (of 322)

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

Rank in course/Men: 138 (of 260)

Best time in course: 58:22

Category:

Rank in category: 34(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	9:53	3.04	16	2:05	71	3:09	0.50	9:53	3.04	19		3	0:47
Wechsel Schwim	0.20	2:41	4.47	32	1:08	141	1:15	0.70	12:34	3.34	19	0:24	259	1:43
Schwimmen Total	0.70	12:34	3.34	19	0:24	259	1:43	0.70	12:34	3.34	19	0:24	259	1:43
Rad	20.00	36:53	32.54	31	6:08	131	6:08	20.70	49:27	25.12	19	3:43	18	7:34
Wechsel Rad-Lauf	0.05	1:25	2.12	45	0:59	201	1:22	20.75	50:52	24.48	19	4:19	256	8:08
Rad Total	20.05	38:18	31.41	34	6:41	142	6:41	20.75	50:52	24.48	19	4:19	256	8:08
Lauf	5.00	24:56	12.03	40	8:35	171	9:24	25.75	1:15:48	20.38	34	15:08	140	17:26