



10. Lorscher Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Albrecht, Hans-Christian

Total time: 1:17:45

Club: LT Hemsbach

Number: 301

Course: 25.75 km

Rank in course/Total: 181 (of 322)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 161 (of 260)

Best time in course: 58:22

Category:

Rank in category: 9(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	11:46	2.55	10	3:46	169	5:02	0.50	11:46	2.55	21		259	2:40
Wechsel Schwim	0.20	2:27	4.90	7	0:44	109	1:01	0.70	14:13	2.95	21		259	3:22
Schwimmen Total	0.70	14:13	2.95	21		259	3:22	0.70	14:13	2.95	21		259	3:22
Rad	20.00	37:50	31.72	6	3:49	163	7:05	20.70	52:03	23.86	21		259	10:10
Wechsel Rad-Lau	0.05	0:54	3.33	5	0:10	85	0:51	20.75	52:57	23.51	20		256	10:13
Rad Total	20.05	38:44	31.06	6	3:45	156	7:07	20.75	52:57	23.51	20		256	10:13
Lauf	5.00	24:48	12.10	11	5:00	167	9:16	25.75	1:17:45	19.87	9	10:45	163	19:23