



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Prieto, Jose

Total time: 1:21:18

Number: 324

Course: 25.75 km

Rank in course/Total: 218 (of 322)

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

Rank in course/Men: 189 (of 260)

Best time in course: 58:22

Category:

Rank in category: 24(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.50	10:59	0.00	18	2:46	136	4:15	0.50	10:59	0.00	27	1:49	259	1:53	
Wechsel Schwim	0.20	5:05	0.00	26	3:25	253	3:39	0.70	16:04	0.00	27	4:57	259	5:13	
Schwimmen Totz	0.70	16:04	0.00	27	4:57	259	5:13	0.70	16:04	0.00	27	4:57	259	5:13	
Rad	20.00	40:35	29.57	25	9:30	216	9:50	20.70	56:39	21.18	27	13:21	259	14:46	
Wechsel Rad-Lau	0.05	1:11	0.00	20	0:31	161	1:08	20.75	57:50	20.75	27	13:41	256	15:06	
Rad Total	20.05	41:46	28.73	25	9:56	214	10:09	20.75	57:50	20.75	27	13:41	256	15:06	
Lauf	5.00	23:28	12.78	19	5:44	130	7:56	25.75	1:21:18	18.45	24	21:17	191	22:56	