



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Kohl, Dr. Willibald

Total time: 1:24:33

Club: SC Heppenheim

Number: 313

Course: 25.75 km

Rank in course/Total: 245 (of 322)

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

Rank in course/Men: 209 (of 260)

Best time in course: 58:22

Category:

Rank in category: 7(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:10:54

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	15:06	1.99	9	5:19	249	8:22	0.50	15:06	1.99	11	3:10	259	6:00
Wechsel Schwim	0.20	3:02	3.96	6	1:05	179	1:36	0.70	18:08	2.32	11	3:23	259	7:17
Schwimmen Total	0.70	18:08	2.32	11	3:23	259	7:17	0.70	18:08	2.32	11	3:23	259	7:17
Rad	20.00	38:41	31.02	6	3:19	185	7:56	20.70	56:49	21.86	11	5:11	259	14:56
Wechsel Rad-Lauf	0.05	1:41	1.78	9	1:03	225	1:38	20.75	58:30	21.28	11	5:21	256	15:46
Rad Total	20.05	40:22	29.80	6	4:22	189	8:45	20.75	58:30	21.28	11	5:21	256	15:46
Lauf	5.00	26:03	11.52	7	2:53	189	10:31	25.75	1:24:33	18.27	7	13:39	211	26:11