



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Helferich, Gernot

Total time: 1:08:40

Club: www.baerenfelslauf.de

Number: 381

Course: 25.75 km

Rank in course/Total: 55 (of 322)

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

Rank in course/Men: 51 (of 260)

Best time in course: 58:22

Category:

Rank in category: 13(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	12:25	2.42	39	4:37	194	5:41	0.50	12:25	2.42	54	2:19	259	3:19
Wechsel Schwim	0.20	3:02	3.96	40	1:29	179	1:36	0.70	15:27	2.72	22	3:17	259	4:36
Schwimmen Total	0.70	15:27	2.72	22	3:17	259	4:36	0.70	15:27	2.72	22	3:17	259	4:36
Rad	20.00	33:52	35.43	12	3:07	39	3:07	20.70	49:19	25.18	54	3:35	259	7:26
Wechsel Rad-Lauf	0.05	0:51	3.53	17	0:25	66	0:48	20.75	50:10	24.82	54	3:37	17	7:26
Rad Total	20.05	34:43	34.65	13	3:06	40	3:06	20.75	50:10	24.82	54	3:37	17	7:26
Lauf	5.00	18:30	16.22	3	2:09	9	2:58	25.75	1:08:40	22.50	13	8:00	52	10:18