



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Wachtendorf, Helmuth

Total time: 1:09:01

Club: stimmel-sports

Number: 387

Course: 25.75 km

Rank in course/Total: 57 (of 322)

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

Rank in course/Men: 53 (of 260)

Best time in course: 58:22

Category:

Rank in category: 3(of 32)

Senioren 3 (TM 50-54)

Best time in the category: 1:04:52

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	11:54	2.52	21	3:19	180	5:10	0.50	11:54	2.52	33		259	2:48
Wechsel Schwim	0.20	1:35	7.58	2	0:01	6	0:09	0.70	13:29	3.11	20		259	2:38
Schwimmen Total	0.70	13:29	3.11	20		259	2:38	0.70	13:29	3.11	20		259	2:38
Rad	20.00	33:30	35.82	3	0:09	34	2:45	20.70	46:59	26.43	33		259	5:06
Wechsel Rad-Lauf	0.05	0:40	4.50	1	-	19	0:37	20.75	47:39	26.13	33		256	4:55
Rad Total	20.05	34:10	35.21	1	-	31	2:33	20.75	47:39	26.13	33		256	4:55
Lauf	5.00	21:22	14.04	4	1:55	63	5:50	25.75	1:09:01	22.39	3	4:09	54	10:39