



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Trappel, Helge

Club: SV Seitzenhahn

Number: 385

Course: 25.75 km

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

Category:

Senioren 2 (TM 45.49)

Total time: 1:10:41

Rank in course/Total: 74 (of 322)

Rank in course/Men: 69 (of 260)

Best time in course: 58:22

Rank in category: 13(of 51)

Best time in the category: 1:01:48

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	11:53	2.52	36	4:09	178	5:09	0.50	11:53	2.52	51	3:07	259	2:47
Wechsel Schwim	0.20	2:30	4.80	23	1:02	115	1:04	0.70	14:23	2.92	51	3:46	259	3:32
Schwimmen Total	0.70	14:23	2.92	51	3:46	259	3:32	0.70	14:23	2.92	51	3:46	259	3:32
Rad	20.00	34:59	34.30	17	3:57	71	4:14	20.70	49:22	25.16	51	0:51	259	7:29
Wechsel Rad-Lauf	0.05	0:42	4.29	8	0:11	27	0:39	20.75	50:04	24.87	50	0:41	256	7:20
Rad Total	20.05	35:41	33.71	14	3:48	63	4:04	20.75	50:04	24.87	50	0:41	256	7:20
Lauf	5.00	20:37	14.55	10	1:32	43	5:05	25.75	1:10:41	21.86	14	8:53	70	12:19