



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Gromyko, Edwin

Total time: 1:17:06

Number: 13

Course: 25.75 km

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

Rank in course/Total: 176 (of 322)

Rank in course/Men: 157 (of 260)

Best time in course: 58:22

Category:

männl. Junioren (TM 18/19)

Rank in category: 1(of 2)

Best time in the category: 1:17:06

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	9:48	3.06	1	-	65	3:04	0.50	9:48	3.06	1	-	32	0:42
Wechsel Schwim	0.20	2:50	4.24	1	-	160	1:24	0.70	12:38	3.32	1	-	32	1:47
Schwimmen Total	0.70	12:38	3.32	1	-	32	1:47	0.70	12:38	3.32	1	-	32	1:47
Rad	20.00	42:01	28.56	1	-	233	11:16	20.70	54:39	22.73	1	-	32	12:46
Wechsel Rad-Lau	0.05	0:36	5.00	1	-	9	0:33	20.75	55:15	22.53	1	-	32	12:31
Rad Total	20.05	42:37	28.23	1	-	226	11:00	20.75	55:15	22.53	1	-	32	12:31
Lauf	5.00	21:51	13.73	1	-	78	6:19	25.75	1:17:06	20.04	1	-	159	18:44