



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Aigner, Dietmar

Total time: 1:20:03

Number: 28

Course: 25.75 km

Rank in course/Total: 209 (of 322)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 182 (of 260)

Best time in course: 58:22

Category:

Rank in category: 20(of 25)

männl. AK 3 (TM 30-34)

Best time in the category: 1:03:04

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	12:51	2.33	21	4:29	209	6:07	0.50	12:51	2.33	25		33	3:45
Wechsel Schwim	0.20	3:53	3.09	24	2:13	234	2:27	0.70	16:44	2.51	25		33	5:53
Schwimmen Total	0.70	16:44	2.51	25		33	5:53	0.70	16:44	2.51	25		33	5:53
Rad	20.00	37:19	32.16	16	5:21	150	6:34	20.70	54:03	22.98	25		33	12:10
Wechsel Rad-Lau	0.05	1:09	2.61	16	0:39	153	1:06	20.75	55:12	22.55	25		33	12:28
Rad Total	20.05	38:28	31.27	14	5:43	149	6:51	20.75	55:12	22.55	25		33	12:28
Lauf	5.00	24:51	12.07	18	6:56	170	9:19	25.75	1:20:03	19.30	21	16:59	184	21:41