



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Lauer, Bernhard

Total time: 1:13:59

Number: 384

Course: 25.75 km

Rank in course/Total: 123 (of 322)

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

Rank in course/Men: 114 (of 260)

Best time in course: 58:22

Category:

Rank in category: 14(of 26)

männl. AK 4 (TM 35-39)

Best time in the category: 1:00:01

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	13:02	2.30	24	4:49	216	6:18	0.50	13:02	2.30	27	3:52	259	3:56
Wechsel Schwim	0.20	2:51	4.21	20	1:11	161	1:25	0.70	15:53	2.64	27	4:46	259	5:02
Schwimmen Total	0.70	15:53	2.64	27	4:46	259	5:02	0.70	15:53	2.64	27	4:46	259	5:02
Rad	20.00	34:17	35.00	5	3:12	51	3:32	20.70	50:10	24.76	27	6:52	259	8:17
Wechsel Rad-Lau	0.05	1:04	2.81	18	0:24	135	1:01	20.75	51:14	24.30	27	7:05	256	8:30
Rad Total	20.05	35:21	34.03	6	3:31	55	3:44	20.75	51:14	24.30	27	7:05	256	8:30
Lauf	5.00	22:45	13.19	16	5:01	106	7:13	25.75	1:13:59	20.88	14	13:58	116	15:37