



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Diehl, Rainer

Total time: 1:18:41

Club: Team Erdinger alkoholfrei

Number: 386

Course: 25.75 km

Rank in course/Total: 194 (of 322)

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

Rank in course/Men: 170 (of 260)

Best time in course: 58:22

Category:

Rank in category: 20(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	15:21	1.95	31	6:46	251	8:37	0.50	15:21	1.95	33	3:14	259	6:15
Wechsel Schwim	0.20	4:02	2.98	30	2:28	236	2:36	0.70	19:23	2.17	33	4:21	259	8:32
Schwimmen Total	0.70	19:23	2.17	33	4:21	259	8:32	0.70	19:23	2.17	33	4:21	259	8:32
Rad	20.00	35:18	33.99	8	1:57	87	4:33	20.70	54:41	22.71	33	2:51	259	12:48
Wechsel Rad-Lauf	0.05	0:52	3.46	6	0:12	72	0:49	20.75	55:33	22.41	33	2:43	256	12:49
Rad Total	20.05	36:10	33.26	6	2:00	80	4:33	20.75	55:33	22.41	33	2:43	256	12:49
Lauf	5.00	23:08	12.97	11	3:41	119	7:36	25.75	1:18:41	19.64	20	13:49	172	20:19