



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Niemietz, Marek

Total time: 1:21:15

Number: 382

Course: 25.75 km

Rank in course/Total: 217 (of 322)

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

Rank in course/Men: 188 (of 260)

Best time in course: 58:22

Category:

Rank in category: 43(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

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	13:22	2.24	47	5:34	223	6:38	0.50	13:22	2.24	54	3:16	259	4:16
Wechsel Schwim	0.20	3:12	3.75	42	1:39	193	1:46	0.70	16:34	2.54	54	4:24	259	5:43
Schwimmen Total	0.70	16:34	2.54	54	4:24	259	5:43	0.70	16:34	2.54	54	4:24	259	5:43
Rad	20.00	39:24	30.46	43	8:39	195	8:39	20.70	55:58	22.19	54	10:14	259	14:05
Wechsel Rad-Lauf	0.05	1:04	2.81	31	0:38	135	1:01	20.75	57:02	21.83	54	10:29	256	14:18
Rad Total	20.05	40:28	29.73	42	8:51	192	8:51	20.75	57:02	21.83	54	10:29	256	14:18
Lauf	5.00	24:13	12.39	38	7:52	154	8:41	25.75	1:21:15	19.02	43	20:35	190	22:53