



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Horst, Ralf

Total time: 1:24:35

Number: 399

Course: 25.75 km

Rank in course/Total: 246 (of 322)

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

Rank in course/Men: 211 (of 260)

Best time in course: 58:22

Category:

Rank in category: 15(of 20)

Senioren 4 (TM 55-59)

Best time in the category: 1:07:00

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	12:54	2.33	14	4:54	212	6:10	0.50	12:54	2.33	21	0:24	259	3:48
Wechsel Schwim	0.20	2:32	4.74	9	0:49	119	1:06	0.70	15:26	2.72	21		259	4:35
Schwimmen Total	0.70	15:26	2.72	21		259	4:35	0.70	15:26	2.72	21		259	4:35
Rad	20.00	38:26	31.22	7	4:25	176	7:41	20.70	53:52	23.06	21		259	11:59
Wechsel Rad-Lauf	0.05	1:33	1.94	14	0:49	212	1:30	20.75	55:25	22.47	20		256	12:41
Rad Total	20.05	39:59	30.09	10	5:00	180	8:22	20.75	55:25	22.47	20		256	12:41
Lauf	5.00	29:10	10.29	16	9:22	225	13:38	25.75	1:24:35	18.27	15	17:35	213	26:13