



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Niebauer, Jan

Total time: 1:04:50

Number: 38

Course: 25.75 km

Rank in course/Total: 23 (of 322)

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

Rank in course/Men: 21 (of 260)

Best time in course: 58:22

Category:

Rank in category: 4(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	10:04	2.98	8	1:42	83	3:20	0.50	10:04	2.98	25		5	0:58
Wechsel Schwim	0.20	1:44	6.92	2	0:04	23	0:18	0.70	11:48	3.56	25		5	0:57
Schwimmen Total	0.70	11:48	3.56	25		5	0:57	0.70	11:48	3.56	25		5	0:57
Rad	20.00	32:30	36.92	2	0:32	17	1:45	20.70	44:18	28.04	25		5	2:25
Wechsel Rad-Lau	0.05	0:38	4.74	2	0:08	13	0:35	20.75	44:56	27.71	25		5	2:12
Rad Total	20.05	33:08	36.31	2	0:23	13	1:31	20.75	44:56	27.71	25		5	2:12
Lauf	5.00	19:54	15.08	3	1:59	26	4:22	25.75	1:04:50	23.83	4	1:46	22	6:28