



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Adrian, Thomas

Club: TV Lampertheim

Number: 4

Course: 25.75 km

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

Category:

Senioren 3 (TM 50-54)

Total time: 1:04:52

Rank in course/Total: 26 (of 322)

Rank in course/Men: 24 (of 260)

Best time in course: 58:22

Rank in category: 1(of 32)

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	9:38	3.11	5	1:03	53	2:54	0.50	9:38	3.11	33		6	0:32
Wechsel Schwim	0.20	1:34	7.66	1	-	5	0:08	0.70	11:12	3.75	33		6	0:21
Schwimmen Total	0.70	11:12	3.75	33		6	0:21	0.70	11:12	3.75	33		6	0:21
Rad	20.00	33:21	35.98	1	-	31	2:36	20.70	44:33	27.88	33		6	2:40
Wechsel Rad-Lauf	0.05	0:52	3.46	6	0:12	72	0:49	20.75	45:25	27.41	33		6	2:41
Rad Total	20.05	34:13	35.16	2	0:03	33	2:36	20.75	45:25	27.41	33		6	2:41
Lauf	5.00	19:27	15.42	1	-	18	3:55	25.75	1:04:52	23.82	1	-	25	6:30