



10. Lorsch Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Held, Reinhard

Total time: 1:07:00

Club: Lorsch Buwe

Number: 126

Course: 25.75 km

Rank in course/Total: 38 (of 322)

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

Rank in course/Men: 36 (of 260)

Best time in course: 58:22

Category:

Rank in category: 1(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	10:09	2.96	2	2:09	91	3:25	0.50	10:09	2.96	21		259	1:03
Wechsel Schwim	0.20	1:53	6.37	2	0:10	42	0:27	0.70	12:02	3.49	21		259	1:11
Schwimmen Total	0.70	12:02	3.49	21		259	1:11	0.70	12:02	3.49	21		259	1:11
Rad	20.00	34:18	34.99	3	0:17	52	3:33	20.70	46:20	26.81	21		259	4:27
Wechsel Rad-Lau	0.05	0:48	3.75	2	0:04	50	0:45	20.75	47:08	26.41	20		256	4:24
Rad Total	20.05	35:06	34.27	2	0:07	46	3:29	20.75	47:08	26.41	20		256	4:24
Lauf	5.00	19:52	15.10	2	0:04	25	4:20	25.75	1:07:00	23.06	1	-	37	8:38