



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Rauch, Thomas

Total time: 1:07:23

Number: 101

Course: 25.75 km

Rank in course/Total: 41 (of 322)

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

Rank in course/Men: 39 (of 260)

Best time in course: 58:22

Category:

Rank in category: 8(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	9:39	3.11	13	1:51	54	2:55	0.50	9:39	3.11	54		14	0:33
Wechsel Schwim	0.20	1:53	6.37	11	0:20	42	0:27	0.70	11:32	3.64	54		259	0:41
Schwimmen Total	0.70	11:32	3.64	54		259	0:41	0.70	11:32	3.64	54		259	0:41
Rad	20.00	33:52	35.43	12	3:07	39	3:07	20.70	45:24	27.36	54		259	3:31
Wechsel Rad-Lau	0.05	0:26	6.92	1	-	2	0:23	20.75	45:50	27.16	54		256	3:06
Rad Total	20.05	34:18	35.07	10	2:41	35	2:41	20.75	45:50	27.16	54		256	3:06
Lauf	5.00	21:33	13.92	18	5:12	69	6:01	25.75	1:07:23	22.93	8	6:43	40	9:01