



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Friederich, Christian

Total time: 1:08:44

Club: SV Eintracht Hitzeroode

Number: 44

Course: 25.75 km

Rank in course/Total: 56 (of 322)

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

Rank in course/Men: 52 (of 260)

Best time in course: 58:22

Category:

Rank in category: 7(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	11:11	2.68	15	2:49	143	4:27	0.50	11:11	2.68	25		8	2:05
Wechsel Schwim	0.20	2:08	5.63	7	0:28	73	0:42	0.70	13:19	3.15	25		8	2:28
Schwimmen Total	0.70	13:19	3.15	25		8	2:28	0.70	13:19	3.15	25		8	2:28
Rad	20.00	34:05	35.21	5	2:07	46	3:20	20.70	47:24	26.20	25		8	5:31
Wechsel Rad-Lau	0.05	0:48	3.75	8	0:18	50	0:45	20.75	48:12	25.83	25		8	5:28
Rad Total	20.05	34:53	34.49	5	2:08	43	3:16	20.75	48:12	25.83	25		8	5:28
Lauf	5.00	20:32	14.61	5	2:37	40	5:00	25.75	1:08:44	22.48	7	5:40	53	10:22