



10. Lorsche Triathlon

Lorsch / 11.08.2013

Detailed evaluation

Schmidt, Holger

Total time: 1:13:38

Club: Mannem vorne!

Number: 111

Course: 25.75 km

Rank in course/Total: 116 (of 322)

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

Rank in course/Men: 108 (of 260)

Best time in course: 58:22

Category:

Rank in category: 27(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	12:16	2.45	38	4:28	192	5:32	0.50	12:16	2.45	54	2:10	259	3:10
Wechsel Schwim	0.20	2:22	5.07	24	0:49	102	0:56	0.70	14:38	2.87	54	2:28	259	3:47
Schwimmen Total	0.70	14:38	2.87	54	2:28	259	3:47	0.70	14:38	2.87	54	2:28	259	3:47
Rad	20.00	35:14	34.06	21	4:29	82	4:29	20.70	49:52	24.91	54	4:08	259	7:59
Wechsel Rad-Lauf	0.05	0:59	3.05	28	0:33	112	0:56	20.75	50:51	24.48	54	4:18	256	8:07
Rad Total	20.05	36:13	33.22	20	4:36	82	4:36	20.75	50:51	24.48	54	4:18	256	8:07
Lauf	5.00	22:47	13.17	27	6:26	108	7:15	25.75	1:13:38	20.98	27	12:58	110	15:16