



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Kociok, Sebastian

Total time: 1:12:44

Club: Offenbach

Number: 313

Course: 25.50 km

Rank in course/Total: 74 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 72 (of 220)

Best time in course: 58:13

Category:

Rank in category: 14(of 29)

männl. AK 3 (TM 30-34)

Best time in the category: 58:13

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	11:51	0.00	22	4:23	137	4:40	0.50	11:51	0.00	30	2:37	220	3:26
Schwimmen Total	0.50	11:51												
Rad	20.00	39:10	30.64	15	5:32	64	5:59	20.50	51:01	23.52	30	6:23	219	7:54
Rad Total	20.00	39:10												
Lauf	5.00	21:43	13.81	18	9:44	87	11:34	25.50	1:12:44	20.62	14	14:31	79	14:31
Lauf Total	25.00	1:12:44												