



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Hambücher, Ralf

Total time: 1:19:07

Club: Viernheim

Number: 130

Course: 25.75 km

Rank in course/Total: 164 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 144 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 31(of 57)

Senioren 2 (TM 45.49)

Best time in the category: 1:03:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:56	23:52	34	4:00	154	4:41	0.50	11:56	23:52	58	1:06	251	3:11
Schwimmen Total	0.50	11:56												
Wechsel Schw.-R	0.25	2:31	10:03	19	1:06	96	1:06	0.75	14:27	19:15	56		245	3:47
Rad	20.00	41:21	2:04	41	11:04	185	11:04	20.75	55:48	2:41	58		250	12:44
Rad Total	20.25	43:52												
Laufrunde 2,5 km	2.50	11:55	4:46	23	2:17	111	2:54	23.25	1:07:43	2:54	56		248	14:23
Lauf	2.50	11:24	4:33	17	1:39	77	2:27	25.75	1:19:07	3:04	32	16:03	145	16:59
Lauf Total	25.25	1:19:07												