



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Siems, Dr. Nils

Club: SC Oberursel

Number: 179

Total time: 1:02:08

Enduro E Bike

Category:

männl. AK 4 (TM 35-39)

Rank in course/Total: 1 (of 307)

Rank in course/Men: 1 (of 251)

Best time in course: 1:02:08

Rank in category: 1(of 31)

Best time in the category: 1:02:08

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	7:43	15:26	1	-	2	0:28	0.50	7:43	15:26	32	-	251	-
Schwimmen Total	0.50	7:43												
Wechsel Schw.-R	0.25	1:32	6:08	1	-	4	0:07	0.75	9:15	12:20	32	-	245	-
Rad	20.00	33:01	1:39	3	1:11	12	2:44	20.75	42:16	2:02	32	-	250	-
Rad Total	20.25	34:33												
Laufrunde 2,5 km	2.50	10:04	4:01	3	0:26	12	1:03	23.25	52:20	2:15	32	-	248	-
Lauf	2.50	9:48	3:55	2	0:03	7	0:51	-	1:02:08	-	1	-	1	-
Lauf Total	0.00	1:02:08												