



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Rauh, Alexander

Total time: 1:23:54

Club: Weinheim

Number: 118

Course: 25.75 km

Rank in course/Total: 211 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 178 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 42(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	11:16	22:32	23	3:11	128	4:01	0.50	11:16	22:32	52		251	2:31
Schwimmen Total	0.50	11:16												
Wechsel Schw.-R	0.25	3:33	14:11	40	1:51	187	2:08	0.75	14:49	19:45	50		245	4:09
Rad	20.00	43:26	2:10	45	11:19	217	13:09	20.75	58:15	2:48	51	13:58	250	15:11
Rad Total	20.25	46:59												
Laufrunde 2,5 km	2.50	12:22	4:56	30	2:22	137	3:21	23.25	1:10:37	3:02	51	15:48	248	17:17
Lauf	2.50	13:17	5:18	40	3:30	166	4:20	25.75	1:23:54	3:15	42	20:18	179	21:46
Lauf Total	25.25	1:23:54												