



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Kempf, Harald

Club: TSG Wiesloch

Number: 141

Course: 25.75 km

Lorsche Triathlon 0,5-20-5

Category:

Senioren 4 (TM 55-59)

Total time: 1:25:05

Rank in course/Total: 226 (of 307)

Rank in course/Men: 191 (of 251)

Best time in course: 1:02:08

Rank in category: 12(of 19)

Best time in the category: 1:10:28

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	12:26	24:52	12	3:51	171	5:11	0.50	12:26	24:52	20	0:57	251	3:41
Schwimmen Total	0.50	12:26												
Wechsel Schw.-R	0.25	4:56	19:44	17	3:06	235	3:31	0.75	17:22	23:09	20	3:26	245	6:42
Rad	20.00	41:54	2:05	15	6:37	194	11:37	20.75	59:16	2:51	20	9:34	250	16:12
Rad Total	20.25	46:50												
Laufrunde 2,5 km	2.50	12:48	5:07	11	2:04	161	3:47	23.25	1:12:04	3:05	20	11:03	248	18:44
Lauf	2.50	13:01	5:12	10	2:26	159	4:04	25.75	1:25:05	3:18	12	14:37	192	22:57
Lauf Total	25.25	1:25:05												