



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Kopcak, Eric

Club: Mannheim

Number: 186

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 2 (TM 25-29)

Total time: 1:06:34

Rank in course/Total: 25 (of 307)

Rank in course/Men: 24 (of 251)

Best time in course: 1:02:08

Rank in category: 3(of 13)

Best time in the category: 1:04:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:30	23:00	11	3:09	137	4:15	0.50	11:30	23:00	14	1:39	251	2:45
Schwimmen Total	0.50	11:30												
Wechsel Schw.-R	0.25	1:57	7:47	3	0:28	28	0:32	0.75	13:27	17:56	13	1:25	245	2:47
Rad	20.00	32:46	1:38	1	-	9	2:29	20.75	46:13	2:13	14		250	3:09
Rad Total	20.25	34:43												
Laufrunde 2,5 km	2.50	10:14	4:05	3	0:58	20	1:13	23.25	56:27	2:25	14		248	3:07
Lauf	2.50	10:07	4:02	2	1:05	15	1:10	25.75	1:06:34	2:35	3	1:42	24	4:26
Lauf Total	25.25	1:06:34												