



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Sochiera, Michael**

**Total time: 1:29:03**

Club: Lorsch

Number: 138

Course: 25.75 km

Rank in course/Total: 252 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 211 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 18(of 21)

Senioren 3 (TM 50-54)

Best time in the category: 1:03:51

| 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     | 12:39      | 25:18        | 15          | 4:50        | 186     | 5:24       | 0.50          | 12:39      | 25:18        | 22       | 1:41        | 251     | 3:54       |
| Schwimmen Total    | 0.50     | 12:39      |              |             |             |         |            |               |            |              |          |             |         |            |
| Wechsel Schw.-R    | 0.25     | 4:08       | 16:32        | 18          | 2:39        | 217     | 2:43       | 0.75          | 16:47      | 22:22        | 22       | 3:08        | 245     | 6:07       |
| Rad                | 20.00    | 43:03      | 2:09         | 18          | 10:23       | 207     | 12:46      | 20.75         | 59:50      | 2:53         | 22       | 7:49        | 250     | 16:46      |
| Rad Total          | 20.25    | 47:11      |              |             |             |         |            |               |            |              |          |             |         |            |
| Laufrunde 2,5 km   | 2.50     | 14:40      | 5:51         | 16          | 4:39        | 205     | 5:39       | 23.25         | 1:14:30    | 3:12         | 22       | 12:17       | 248     | 21:10      |
| Lauf               | 2.50     | 14:33      | 5:49         | 15          | 4:32        | 203     | 5:36       | 25.75         | 1:29:03    | 3:27         | 18       | 25:12       | 212     | 26:55      |
| Lauf Total         | 25.25    | 1:29:03    |              |             |             |         |            |               |            |              |          |             |         |            |