



# 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												