



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Truschinski, Till

Total time: 1:09:32

Club: Mainz
Number: 184

Course: 25.75 km
Lorsch Triathlon 0,5-20-5

Rank in course/Total: 44 (of 307)

Rank in course/Men: 43 (of 251)

Best time in course: 1:02:08

Category:
männl. AK 2 (TM 25-29)

Rank in category: 6(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	9:59	19:57	6	1:38	59	2:44	0.50	9:59	19:57	14	0:08	251	1:14
Schwimmen Total	0.50	9:59												
Wechsel Schw.-R	0.25	2:32	10:07	8	1:03	98	1:07	0.75	12:31	16:41	13	0:29	245	1:51
Rad	20.00	35:59	1:47	6	3:13	56	5:42	20.75	48:30	2:20	14		250	5:26
Rad Total	20.25	38:31												
Laufrunde 2,5 km	2.50	10:30	4:12	4	1:14	29	1:29	23.25	59:00	2:32	14		248	5:40
Lauf	2.50	10:32	4:12	3	1:30	30	1:35	25.75	1:09:32	2:42	6	4:40	43	7:24
Lauf Total	25.25	1:09:32												