



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Lenhart, Stefan

Total time: 1:12:20

Club: MTG Running

Number: 155

Course: 25.75 km

Rank in course/Total: 79 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 75 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 7(of 11)

männl. AK 3 (TM 30-34)

Best time in the category: 1:04:01

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	11:50	23:40	9	3:08	150	4:35	0.50	11:50	23:40	12	2:02	251	3:05
Schwimmen Total	0.50	11:50												
Wechsel Schw.-R	0.25	2:16	9:03	7	0:41	65	0:51	0.75	14:06	18:48	12	2:22	245	3:26
Rad	20.00	37:12	1:51	8	4:58	96	6:55	20.75	51:18	2:28	12	7:20	250	8:14
Rad Total	20.25	39:28												
Laufrunde 2,5 km	2.50	10:40	4:15	2	0:18	42	1:39	23.25	1:01:58	2:39	12	7:07	248	8:38
Lauf	2.50	10:22	4:08	3	0:41	22	1:25	25.75	1:12:20	2:48	7	8:19	75	10:12
Lauf Total	25.25	1:12:20												