



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Remus, Ingo

Total time: 1:15:29

Club: Bundeswehr

Number: 164

Course: 25.75 km

Rank in course/Total: 118 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 106 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 16(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos	Behind	Total		Pos	Behind	Pos	Behind		
	km	Time					km	Time					Cat.	Cat.
Schwimmen	0.50	11:47	23:33	19	4:04	149	4:32	0.50	11:47	23:33	32	251	3:02	
Schwimmen Total	0.50	11:47												
Wechsel Schw.-R	0.25	2:01	8:03	5	0:29	34	0:36	0.75	13:48	18:24	32	245	3:08	
Rad	20.00	37:57	1:53	17	6:07	114	7:40	20.75	51:45	2:29	32	1:00	250	8:41
Rad Total	20.25	39:58												
Laufrunde 2,5 km	2.50	12:09	4:51	16	2:31	123	3:08	23.25	1:03:54	2:44	32	2:22	14	10:34
Lauf	2.50	11:35	4:38	13	1:50	88	2:38	25.75	1:15:29	2:55	16	13:21	107	13:21
Lauf Total	25.25	1:15:29												