



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Cerwenez, Kurt

Club: SRH Heidelberg

Number: 151

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 2 (TM 45.49)

Total time: 1:16:09

Rank in course/Total: 127 (of 307)

Rank in course/Men: 114 (of 251)

Best time in course: 1:02:08

Rank in category: 26(of 57)

Best time in the category: 1:03:04

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	13:24	26:48	46	5:28	209	6:09	0.50	13:24	26:48	58	2:34	251	4:39
Schwimmen Total	0.50	13:24												
Wechsel Schw.-R	0.25	2:31	10:03	19	1:06	96	1:06	0.75	15:55	21:13	56		245	5:15
Rad	20.00	35:21	1:46	10	5:04	41	5:04	20.75	51:16	2:28	58		250	8:12
Rad Total	20.25	37:52												
Laufrunde 2,5 km	2.50	13:17	5:18	36	3:39	174	4:16	23.25	1:04:33	2:46	56		248	11:13
Lauf	2.50	11:36	4:38	20	1:51	91	2:39	25.75	1:16:09	2:57	27	13:05	115	14:01
Lauf Total	25.25	1:16:09												