



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Kress, Dr. Alexander

Total time: 1:16:37

Club: Bensheim

Number: 161

Course: 25.75 km

Rank in course/Total: 137 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 122 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 25(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	11:35	23:10	29	3:30	145	4:20	0.50	11:35	23:10	52		251	2:50
Schwimmen Total	0.50	11:35												
Wechsel Schw.-R	0.25	2:21	9:24	12	0:39	78	0:56	0.75	13:56	18:34	50		245	3:16
Rad	20.00	38:48	1:56	28	6:41	136	8:31	20.75	52:44	2:32	51	8:27	250	9:40
Rad Total	20.25	41:09												
Laufrunde 2,5 km	2.50	12:01	4:48	26	2:01	115	3:00	23.25	1:04:45	2:47	51	9:56	248	11:25
Lauf	2.50	11:52	4:44	26	2:05	115	2:55	25.75	1:16:37	2:58	25	13:01	123	14:29
Lauf Total	25.25	1:16:37												