



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Sellenk, Marco**

**Total time: 1:16:49**

Club: Frankfurt

Number: 190

Course: 25.75 km

Rank in course/Total: 141 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 125 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 27(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	11:26	22:52	25	3:21	134	4:11	0.50	11:26	22:52	52		251	2:41
Schwimmen Total	0.50	11:26												
Wechsel Schw.-R	0.25	3:10	12:39	33	1:28	159	1:45	0.75	14:36	19:27	50		245	3:56
Rad	20.00	35:47	1:47	10	3:40	51	5:30	20.75	50:23	2:25	51	6:06	250	7:19
Rad Total	20.25	38:57												
Laufrunde 2,5 km	2.50	13:31	5:24	44	3:31	182	4:30	23.25	1:03:54	2:44	51	9:05	14	10:34
Lauf	2.50	12:55	5:09	38	3:08	158	3:58	25.75	1:16:49	2:58	27	13:13	126	14:41
Lauf Total	25.25	1:16:49												