



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Ramge, Stephan**

Club: Seeheim-Jugenheim

Number: 169

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

**Total time: 1:18:33**

Rank in course/Total: 155 (of 307)

Rank in course/Men: 138 (of 251)

Best time in course: 1:02:08

Rank in category: 31(of 52)

Best time in the category: 1:03:36

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Schwimmen	0.50	12:25	24:49	35	4:20	170	5:10	0.50	12:25	24:49	52		251	3:40
Schwimmen Total	0.50	12:25												
Wechsel Schw.-R	0.25	2:26	9:43	15	0:44	86	1:01	0.75	14:51	19:48	50		245	4:11
Rad	20.00	37:00	1:51	19	4:53	90	6:43	20.75	51:51	2:29	51	7:34	250	8:47
Rad Total	20.25	39:26												
Laufrunde 2,5 km	2.50	13:29	5:23	43	3:29	181	4:28	23.25	1:05:20	2:48	51	10:31	248	12:00
Lauf	2.50	13:13	5:17	39	3:26	165	4:16	25.75	1:18:33	3:03	31	14:57	139	16:25
Lauf Total	25.25	1:18:33												