



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Rokkedal, Morten

Total time: 1:19:23

Club: Frankfurt

Number: 180

Enduro E Bike

Rank in course/Total: 168 (of 307)

Rank in course/Men: 147 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 33(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	14:17	28:33	46	6:12	229	7:02	0.50	14:17	28:33	52	0:36	251	5:32
Schwimmen Total	0.50	14:17												
Wechsel Schw.-R	0.25	3:12	12:48	35	1:30	165	1:47	0.75	17:29	23:18	50	0:12	245	6:49
Rad	20.00	41:19	2:03	40	9:12	184	11:02	20.75	58:48	2:50	51	14:31	250	15:44
Rad Total	20.25	44:31												
Laufrunde 2,5 km	2.50	10:30	4:12	5	0:30	29	1:29	23.25	1:09:18	2:58	51	14:29	248	15:58
Lauf	2.50	10:05	4:01	3	0:18	13	1:08	-	1:19:23	-	33	15:47	148	17:15
Lauf Total	0.00	1:19:23												