



# 9. Lorsche Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Unrath, Christian**

**Total time: 1:21:01**

Club: Birkenau

Number: 153

Course: 25.75 km

Rank in course/Total: 184 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 160 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 38(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	12:45	25:30	40	4:40	190	5:30	0.50	12:45	25:30	52		251	4:00
Schwimmen Total	0.50	12:45												
Wechsel Schw.-R	0.25	4:25	17:40	46	2:43	226	3:00	0.75	17:10	22:53	50		245	6:30
Rad	20.00	40:46	2:02	37	8:39	170	10:29	20.75	57:56	2:47	51	13:39	250	14:52
Rad Total	20.25	45:11												
Laufrunde 2,5 km	2.50	11:42	4:40	23	1:42	102	2:41	23.25	1:09:38	2:59	51	14:49	248	16:18
Lauf	2.50	11:23	4:33	19	1:36	76	2:26	25.75	1:21:01	3:08	38	17:25	161	18:53
Lauf Total	25.25	1:21:01												