



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Liffler, Gerhard**

**Total time: 1:46:28**

Club: SRC-Viernheim

Number: 126

Course: 25.75 km

Rank in course/Total: 302 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 246 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 11(of 11)

Senioren 5 (TM 60-64)

Best time in the category: 1:11:12

### 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	13:27	26:53	8	3:38	212	6:12	0.50	13:27	26:53	12	3:38	251	4:42
Schwimmen Total	0.50	13:27												
Wechsel Schw.-R	0.25	6:29	25:56	11	4:29	243	5:04	0.75	19:56	26:34	12	8:07	245	9:16
Rad	20.00	47:15	2:21	10	11:01	241	16:58	20.75	1:07:11	3:14	12	19:08	250	24:07
Rad Total	20.25	53:44												
Laufrunde 2,5 km	2.50	19:26	7:46	11	7:53	246	10:25	23.25	1:26:37	3:43	12	27:01	248	33:17
Lauf	2.50	19:51	7:56	11	8:15	245	10:54	25.75	1:46:28	4:08	11	35:16	247	44:20
Lauf Total	25.25	1:46:28												