



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Thinius, Wolfgang

Total time: 1:28:02

Club: TVgg Lorsch

Number: 150

Course: 25.75 km

Rank in course/Total: 244 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 205 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 16(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:10:28

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	11:15	22:30	5	2:40	126	4:00	0.50	11:15	22:30	20		251	2:30
Schwimmen Total	0.50	11:15												
Wechsel Schw.-R	0.25	2:37	10:28	6	0:47	110	1:12	0.75	13:52	18:29	20		245	3:12
Rad	20.00	42:44	2:08	16	7:27	206	12:27	20.75	56:36	2:43	20	6:54	250	13:32
Rad Total	20.25	45:21												
Laufrunde 2,5 km	2.50	15:46	6:18	17	5:02	228	6:45	23.25	1:12:22	3:06	20	11:21	248	19:02
Lauf	2.50	15:40	6:15	16	5:05	222	6:43	25.75	1:28:02	3:25	16	17:34	206	25:54
Lauf Total	25.25	1:28:02												