



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Gammon, Adrian

Total time: 1:09:26

Club: Baden-Baden

Number: 203

Course: 25.75 km

Rank in course/Total: 43 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 42 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 8(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	9:46	19:32	5	1:41	44	2:31	0.50	9:46	19:32	7		19	1:01
Schwimmen Total	0.50	9:46												
Wechsel Schw.-R	0.25	2:30	10:00	18	0:48	93	1:05	0.75	12:16	16:21	5		245	1:36
Rad	20.00	34:33	1:43	6	2:26	28	4:16	20.75	46:49	2:15	51	2:32	250	3:45
Rad Total	20.25	37:03												
Laufrunde 2,5 km	2.50	11:16	4:30	17	1:16	73	2:15	23.25	58:05	2:29	51	3:16	248	4:45
Lauf	2.50	11:21	4:32	18	1:34	74	2:24	25.75	1:09:26	2:41	8	5:50	42	7:18
Lauf Total	25.25	1:09:26												