



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Okos, Peter

Total time: 1:10:13

Club: Lorsch

Number: 238

Course: 25.75 km

Rank in course/Total: 49 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 47 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 4(of 11)

männl. AK 3 (TM 30-34)

Best time in the category: 1:04:01

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	9:59	19:57	5	1:17	59	2:44	0.50	9:59	19:57	12	0:11	251	1:14
Schwimmen Total	0.50	9:59												
Wechsel Schw.-R	0.25	1:56	7:44	2	0:21	23	0:31	0.75	11:55	15:53	12	0:11	245	1:15
Rad	20.00	35:15	1:45	3	3:01	38	4:58	20.75	47:10	2:16	12	3:12	250	4:06
Rad Total	20.25	37:11												
Laufrunde 2,5 km	2.50	11:27	4:34	7	1:05	95	2:26	23.25	58:37	2:31	12	3:46	248	5:17
Lauf	2.50	11:36	4:38	7	1:55	91	2:39	25.75	1:10:13	2:43	4	6:12	47	8:05
Lauf Total	25.25	1:10:13												