



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Haag, Robert

Total time: 1:12:02

Club: LAZ Mosbach-Elztal

Number: 239

Course: 25.75 km

Rank in course/Total: 72 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 69 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 4(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:10:28

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos	Behind	Total		Pos	Behind	Pos	Behind		
	km	Time					km	Time					Cat.	Cat.
Schwimmen	0.50	11:29	22:57	6	2:54	135	4:14	0.50	11:29	22:57	1	-	251	2:44
Schwimmen Total	0.50	11:29												
Wechsel Schw.-R	0.25	2:27	9:48	5	0:37	89	1:02	0.75	13:56	18:34	1	-	245	3:16
Rad	20.00	35:46	1:47	2	0:29	48	5:29	20.75	49:42	2:23	1	-	250	6:38
Rad Total	20.25	38:13												
Laufrunde 2,5 km	2.50	11:19	4:31	4	0:35	79	2:18	23.25	1:01:01	2:37	1	-	248	7:41
Lauf	2.50	11:01	4:24	2	0:26	56	2:04	25.75	1:12:02	2:47	4	1:34	69	9:54
Lauf Total	25.25	1:12:02												