



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Schmieder, Christoph

Total time: 1:12:06

Club: SSG Trias Bensheim

Number: 235

Course: 25.75 km

Rank in course/Total: 74 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 71 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 12(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	11:51	23:41	30	3:46	151	4:36	0.50	11:51	23:41	9		251	3:06
Schwimmen Total	0.50	11:51												
Wechsel Schw.-R	0.25	2:47	11:07	26	1:05	128	1:22	0.75	14:38	19:30	7		245	3:58
Rad	20.00	36:18	1:48	14	4:11	67	6:01	20.75	50:56	2:27	51	6:39	250	7:52
Rad Total	20.25	39:05												
Laufrunde 2,5 km	2.50	10:35	4:14	8	0:35	35	1:34	23.25	1:01:31	2:38	51	6:42	248	8:11
Lauf	2.50	10:35	4:14	5	0:48	35	1:38	25.75	1:12:06	2:47	12	8:30	71	9:58
Lauf Total	25.25	1:12:06												