



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Nakaten, Christoph

Total time: 1:16:42

Club: Lorsch

Number: 15

Course: 25.75 km

Rank in course/Total: 139 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 124 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 26(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:08	24:15	32	4:03	161	4:53	0.50	12:08	24:15	52		16	3:23
Schwimmen Total	0.50	12:08												
Wechsel Schw.-R	0.25	2:27	9:48	17	0:45	89	1:02	0.75	14:35	19:26	50		16	3:55
Rad	20.00	37:46	1:53	23	5:39	107	7:29	20.75	52:21	2:31	51	8:04	16	9:17
Rad Total	20.25	40:13												
Laufrunde 2,5 km	2.50	12:09	4:51	28	2:09	123	3:08	23.25	1:04:30	2:46	51	9:41	16	11:10
Lauf	2.50	12:12	4:52	33	2:25	135	3:15	25.75	1:16:42	2:58	26	13:06	125	14:34
Lauf Total	25.25	1:16:42												