



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Blesing, Michael

Total time: 1:12:36

Club: Heppenheimer Skiclub

Number: 216

Course: 25.75 km

Rank in course/Total: 85 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 79 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 10(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

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	12:39	25:18	22	4:56	186	5:24	0.50	12:39	25:18	1	-	251	3:54
Schwimmen Total	0.50	12:39												
Wechsel Schw.-R	0.25	2:07	8:28	9	0:35	50	0:42	0.75	14:46	19:41	1	-	245	4:06
Rad	20.00	35:59	1:47	7	4:09	56	5:42	20.75	50:45	2:26	1	-	250	7:41
Rad Total	20.25	38:06												
Laufrunde 2,5 km	2.50	10:47	4:18	10	1:09	49	1:46	23.25	1:01:32	2:38	1	-	248	8:12
Lauf	2.50	11:04	4:25	10	1:19	60	2:07	25.75	1:12:36	2:49	10	10:28	79	10:28
Lauf Total	25.25	1:12:36												