



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Zahnleiter, Thomas

Total time: 1:12:45

Club: physio3

Number: 229

Course: 25.75 km

Rank in course/Total: 88 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 83 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 11(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	11:40	23:19	18	3:57	147	4:25	0.50	11:40	23:19	16		251	2:55
Schwimmen Total	0.50	11:40												
Wechsel Schw.-R	0.25	2:46	11:03	18	1:14	127	1:21	0.75	14:26	19:14	16		245	3:46
Rad	20.00	36:09	1:48	8	4:19	62	5:52	20.75	50:35	2:26	16		250	7:31
Rad Total	20.25	38:55												
Laufrunde 2,5 km	2.50	11:15	4:30	13	1:37	72	2:14	23.25	1:01:50	2:39	16	0:18	248	8:30
Lauf	2.50	10:55	4:21	8	1:10	51	1:58	25.75	1:12:45	2:49	11	10:37	83	10:37
Lauf Total	25.25	1:12:45												