



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

Zabel, Oliver

Total time: 1:33:22

Club: Bensheim

Number: 147

Course: 25.75 km

Rank in course/Total: 275 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 226 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 48(of 57)

Senioren 2 (TM 45.49)

Best time in the category: 1:03:04

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	9:44	19:27	6	1:48	41	2:29	0.50	9:44	19:27	58		251	0:59
Schwimmen Total	0.50	9:44												
Wechsel Schw.-R	0.25	3:08	12:31	31	1:43	152	1:43	0.75	12:52	17:09	56		245	2:12
Rad	20.00	41:53	2:05	42	11:36	192	11:36	20.75	54:45	2:38	58		250	11:41
Rad Total	20.25	45:01												
Laufrunde 2,5 km	2.50	17:56	7:10	53	8:18	243	8:55	23.25	1:12:41	3:07	56		248	19:21
Lauf	2.50	20:41	8:16	56	10:56	246	11:44	25.75	1:33:22	3:37	49	30:18	227	31:14
Lauf Total	25.25	1:33:22												