



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Bender, Michael

Total time: 1:33:26

Club: Eschborn

Number: 168

Course: 25.75 km

Rank in course/Total: 277 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 227 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 6(of 8)

Senioren 6 (TM 65-69)

Best time in the category: 1:19:17

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	13:40	27:19	6	3:03	222	6:25	0.50	13:40	27:19	9	3:03	251	4:55
Schwimmen Total	0.50	13:40												
Wechsel Schw.-R	0.25	4:40	18:40	6	2:00	228	3:15	0.75	18:20	24:26	9	4:10	245	7:40
Rad	20.00	43:31	2:10	5	6:45	219	13:14	20.75	1:01:51	2:58	9	6:16	250	18:47
Rad Total	20.25	48:11												
Laufrunde 2,5 km	2.50	15:25	6:09	6	2:50	220	6:24	23.25	1:17:16	3:19	9	7:49	248	23:56
Lauf	2.50	16:10	6:28	6	2:38	228	7:13	25.75	1:33:26	3:37	6	14:09	228	31:18
Lauf Total	25.25	1:33:26												