



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Jürgens, Boris

Club: Ginnheimer LT

Number: 230

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:14:21

Rank in course/Total: 106 (of 307)

Rank in course/Men: 98 (of 251)

Best time in course: 1:02:08

Rank in category: 13(of 31)

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	9:49	19:37	9	2:06	48	2:34	0.50	9:49	19:37	15		9	1:04
Schwimmen Total	0.50	9:49												
Wechsel Schw.-R	0.25	3:11	12:43	23	1:39	161	1:46	0.75	13:00	17:19	15		245	2:20
Rad	20.00	37:21	1:52	13	5:31	98	7:04	20.75	50:21	2:25	15		250	7:17
Rad Total	20.25	40:32												
Laufrunde 2,5 km	2.50	12:12	4:52	18	2:34	126	3:11	23.25	1:02:33	2:41	15	1:01	248	9:13
Lauf	2.50	11:48	4:43	18	2:03	108	2:51	25.75	1:14:21	2:53	13	12:13	99	12:13
Lauf Total	25.25	1:14:21												