



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Mairon, Holger**

**Total time: 1:15:23**

Club: Mühlhausen

Number: 204

Course: 25.75 km

Rank in course/Total: 116 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 105 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 23(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:51	21:41	26	2:55	110	3:36	0.50	10:51	21:41	58	0:01	251	2:06
Schwimmen Total	0.50	10:51												
Wechsel Schw.-R	0.25	2:41	10:43	25	1:16	116	1:16	0.75	13:32	18:02	56		245	2:52
Rad	20.00	36:48	1:50	18	6:31	81	6:31	20.75	50:20	2:25	58		250	7:16
Rad Total	20.25	39:29												
Laufrunde 2,5 km	2.50	12:42	5:04	32	3:04	159	3:41	23.25	1:03:02	2:42	56		248	9:42
Lauf	2.50	12:21	4:56	30	2:36	140	3:24	25.75	1:15:23	2:55	24	12:19	106	13:15
Lauf Total	25.25	1:15:23												