



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Wahlig, André

Club: Heppenheimer Skiclub

Number: 213

Course: 25.75 km

Lorsche Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:15:59

Rank in course/Total: 124 (of 307)

Rank in course/Men: 111 (of 251)

Best time in course: 1:02:08

Rank in category: 17(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	12:33	25:06	21	4:50	179	5:18	0.50	12:33	25:06	14		251	3:48
Schwimmen Total	0.50	12:33												
Wechsel Schw.-R	0.25	2:40	10:39	17	1:08	114	1:15	0.75	15:13	20:17	14	0:27	245	4:33
Rad	20.00	39:12	1:57	20	7:22	144	8:55	20.75	54:25	2:37	14	3:40	20	11:21
Rad Total	20.25	41:52												
Laufrunde 2,5 km	2.50	10:40	4:15	9	1:02	42	1:39	23.25	1:05:05	2:47	14	3:33	248	11:45
Lauf	2.50	10:54	4:21	7	1:09	49	1:57	25.75	1:15:59	2:57	17	13:51	112	13:51
Lauf Total	25.25	1:15:59												