



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Koob, Thorsten

Total time: 1:18:50

Club: Lorsch

Number: 41

Course: 25.75 km

Rank in course/Total: 161 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 142 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 20(of 31)

männl. AK 4 (TM 35-39)

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	10:23	20:45	10	2:40	88	3:08	0.50	10:23	20:45	32		18	1:38
Schwimmen Total	0.50	10:23												
Wechsel Schw.-R	0.25	2:21	9:24	13	0:49	78	0:56	0.75	12:44	16:58	32		18	2:04
Rad	20.00	41:47	2:05	25	9:57	190	11:30	20.75	54:31	2:37	32	3:46	18	11:27
Rad Total	20.25	44:08												
Laufrunde 2,5 km	2.50	12:41	5:04	23	3:03	158	3:40	23.25	1:07:12	2:53	32	5:40	17	13:52
Lauf	2.50	11:38	4:39	14	1:53	95	2:41	25.75	1:18:50	3:03	20	16:42	143	16:42
Lauf Total	25.25	1:18:50												