



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Pflästerer, Frank

Club: TSV Birkenau

Number: 207

Total time: 1:24:12

Enduro E Bike

Rank in course/Total: 214 (of 307)

Rank in course/Men: 180 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 43(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	13:41	27:22	44	5:36	223	6:26	0.50	13:41	27:22	1	-	251	4:56
Schwimmen Total	0.50	13:41												
Wechsel Schw.-R	0.25	3:08	12:31	32	1:26	152	1:43	0.75	16:49	22:25	12		245	6:09
Rad	20.00	43:37	2:10	46	11:30	220	13:20	20.75	1:00:26	2:54	51	16:09	250	17:22
Rad Total	20.25	46:45												
Laufrunde 2,5 km	2.50	11:45	4:42	24	1:45	105	2:44	23.25	1:12:11	3:06	51	17:22	248	18:51
Lauf	2.50	12:01	4:48	30	2:14	125	3:04	-	1:24:12	-	43	20:36	181	22:04
Lauf Total	0.00	1:24:12												