



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Kies, Thorsten

Total time: 1:04:32

Club: TTV Topspin Lorsch

Number: 20

Course: 25.75 km

Rank in course/Total: 10 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 10 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 2(of 11)

männl. AK 3 (TM 30-34)

Best time in the category: 1:04:01

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	9:48	19:36	4	1:06	46	2:33	0.50	9:48	19:36	1	-	2	1:03
Schwimmen Total	0.50	9:48												
Wechsel Schw.-R	0.25	1:56	7:44	2	0:21	23	0:31	0.75	11:44	15:38	1	-	2	1:04
Rad	20.00	32:14	1:36	1	-	4	1:57	20.75	43:58	2:07	1	-	2	0:54
Rad Total	20.25	34:10												
Laufrunde 2,5 km	2.50	10:53	4:21	3	0:31	56	1:52	23.25	54:51	2:21	1	-	2	1:31
Lauf	2.50	9:41	3:52	1	-	3	0:44	25.75	1:04:32	2:30	2	0:31	10	2:24
Lauf Total	25.25	1:04:32												