



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Gießke, Jürgen

Total time: 1:30:11

Club: Fürth

Number: 228

Course: 25.75 km

Rank in course/Total: 257 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 215 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 18(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:10:28

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	14:56	29:52	18	6:21	240	7:41	0.50	14:56	29:52	8	3:27	251	6:11
Schwimmen Total	0.50	14:56												
Wechsel Schw.-R	0.25	4:18	17:11	16	2:28	222	2:53	0.75	19:14	25:38	8	5:18	245	8:34
Rad	20.00	40:58	2:02	12	5:41	175	10:41	20.75	1:00:12	2:54	8	10:30	250	17:08
Rad Total	20.25	45:16												
Laufrunde 2,5 km	2.50	14:33	5:49	15	3:49	203	5:32	23.25	1:14:45	3:12	8	13:44	248	21:25
Lauf	2.50	15:26	6:10	15	4:51	220	6:29	25.75	1:30:11	3:30	18	19:43	216	28:03
Lauf Total	25.25	1:30:11												