



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Deubel, Pascal**

**Total time: 1:11:00**

Club: Kanu Club Lampertheim

Number: 243

Course: 25.75 km

Rank in course/Total: 57 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 55 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 7(of 19)

männl. AK 1 (TM 20-24)

Best time in the category: 1:03:06

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	9:42	19:23	10	1:28	40	2:27	0.50	9:42	19:23	14	0:35	251	0:57
Schwimmen Total	0.50	9:42												
Wechsel Schw.-R	0.25	1:55	7:40	2	0:02	21	0:30	0.75	11:37	15:29	13	0:18	245	0:57
Rad	20.00	37:50	1:53	8	3:32	110	7:33	20.75	49:27	2:22	14		250	6:23
Rad Total	20.25	39:45												
Laufrunde 2,5 km	2.50	10:30	4:12	5	1:29	29	1:29	23.25	59:57	2:34	14		248	6:37
Lauf	2.50	11:03	4:25	6	2:06	59	2:06	25.75	1:11:00	2:45	7	7:54	55	8:52
Lauf Total	25.25	1:11:00												