



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Ladner, Wolfgang

Club: TSG Maxdorf

Number: 46

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 5 (TM 60-64)

Total time: 1:19:44

Rank in course/Total: 173 (of 307)

Rank in course/Men: 152 (of 251)

Best time in course: 1:02:08

Rank in category: 5(of 11)

Best time in the category: 1:11:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:11	24:22	5	2:22	163	4:56	0.50	12:11	24:22	2	2:22	15	3:26
Schwimmen Total	0.50	12:11												
Wechsel Schw.-R	0.25	3:19	13:16	7	1:19	176	1:54	0.75	15:30	20:40	2	3:41	20	4:50
Rad	20.00	38:55	1:56	4	2:41	138	8:38	20.75	54:25	2:37	2	6:22	20	11:21
Rad Total	20.25	42:14												
Laufrunde 2,5 km	2.50	12:25	4:58	4	0:52	141	3:24	23.25	1:06:50	2:52	2	7:14	20	13:30
Lauf	2.50	12:54	5:09	4	1:18	157	3:57	25.75	1:19:44	3:05	5	8:32	153	17:36
Lauf Total	25.25	1:19:44												