



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Albrecht, Hans-Christian**

**Total time: 1:15:42**

Club: LT Hemsbach

Number: 278

Course: 25.75 km

Rank in course/Total: 120 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 107 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 5(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:10:28

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen        | 0.50        | 10:49         | 21:37           | 3           | 2:14           | 106         | 3:34          | 0.50          | 10:49         | 21:37           | 20          |                | 251        | 2:04          |
| Schwimmen Total  | 0.50        | 10:49         |                 |             |                |             |               |               |               |                 |             |                |            |               |
| Wechsel Schw.-R  | 0.25        | 2:24          | 9:35            | 4           | 0:34           | 83          | 0:59          | 0.75          | 13:13         | 17:37           | 20          |                | 245        | 2:33          |
| Rad              | 20.00       | 38:58         | 1:56            | 7           | 3:41           | 140         | 8:41          | 20.75         | 52:11         | 2:30            | 20          | 2:29           | 250        | 9:07          |
| Rad Total        | 20.25       | 41:22         |                 |             |                |             |               |               |               |                 |             |                |            |               |
| Laufrunde 2,5 km | 2.50        | 11:43         | 4:41            | 5           | 0:59           | 103         | 2:42          | 23.25         | 1:03:54       | 2:44            | 20          | 2:53           | 14         | 10:34         |
| Lauf             | 2.50        | 11:48         | 4:43            | 6           | 1:13           | 108         | 2:51          | 25.75         | 1:15:42       | 2:56            | 5           | 5:14           | 108        | 13:34         |
| Lauf Total       | 25.25       | 1:15:42       |                 |             |                |             |               |               |               |                 |             |                |            |               |