



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Lengfelder, Dr. Wolfgang

Total time: 1:18:43

Club: MTG Mannheim

Number: 249

Course: 25.75 km

Rank in course/Total: 158 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 139 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 4(of 11)

Senioren 5 (TM 60-64)

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	10:11	20:22	2	0:22	74	2:56	0.50	10:11	20:22	12	0:22	251	1:26
Schwimmen Total	0.50	10:11												
Wechsel Schw.-R	0.25	2:16	9:03	2	0:16	65	0:51	0.75	12:27	16:35	12	0:38	245	1:47
Rad	20.00	39:09	1:57	5	2:55	142	8:52	20.75	51:36	2:29	12	3:33	250	8:32
Rad Total	20.25	41:25												
Laufrunde 2,5 km	2.50	13:07	5:14	6	1:34	170	4:06	23.25	1:04:43	2:47	12	5:07	248	11:23
Lauf	2.50	14:00	5:35	7	2:24	189	5:03	25.75	1:18:43	3:03	4	7:31	140	16:35
Lauf Total	25.25	1:18:43												