



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Paffenholz, Michael

Total time: 1:22:53

Club: KS Triathlonakademie

Number: 288

Course: 25.75 km

Rank in course/Total: 200 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 169 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 25(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

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	11:52	23:44	20	4:09	152	4:37	0.50	11:52	23:44	32		251	3:07
Schwimmen Total	0.50	11:52												
Wechsel Schw.-R	0.25	4:13	16:52	29	2:41	221	2:48	0.75	16:05	21:26	32	1:19	245	5:25
Rad	20.00	39:13	1:57	21	7:23	145	8:56	20.75	55:18	2:39	32	4:33	250	12:14
Rad Total	20.25	43:26												
Laufrunde 2,5 km	2.50	13:54	5:33	26	4:16	193	4:53	23.25	1:09:12	2:58	32	7:40	248	15:52
Lauf	2.50	13:41	5:28	25	3:56	178	4:44	25.75	1:22:53	3:13	25	20:45	170	20:45
Lauf Total	25.25	1:22:53												