



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Spaar, Roger

Total time: 1:19:41

Club: Lorsch

Number: 253

Course: 25.75 km

Rank in course/Total: 172 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 151 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 34(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	10:57	21:53	19	2:52	113	3:42	0.50	10:57	21:53	52		27	2:12
Schwimmen Total	0.50	10:57												
Wechsel Schw.-R	0.25	3:55	15:39	44	2:13	206	2:30	0.75	14:52	19:49	50		245	4:12
Rad	20.00	38:24	1:55	26	6:17	121	8:07	20.75	53:16	2:34	17	8:59	250	10:12
Rad Total	20.25	42:19												
Laufrunde 2,5 km	2.50	12:55	5:09	40	2:55	166	3:54	23.25	1:06:11	2:50	17	11:22	248	12:51
Lauf	2.50	13:30	5:24	41	3:43	174	4:33	25.75	1:19:41	3:05	34	16:05	152	17:33
Lauf Total	25.25	1:19:41												