



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Guagliano, Salvatore

Club: LAZ TRIATHLON MOSBACH

Number: 319

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:06:20

Rank in course/Total: 21 (of 307)

Rank in course/Men: 19 (of 251)

Best time in course: 1:02:08

Rank in category: 3(of 31)

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	11:04	22:07	14	3:21	122	3:49	0.50	11:04	22:07	32		251	2:19
Schwimmen Total	0.50	11:04												
Wechsel Schw.-R	0.25	1:50	7:19	2	0:18	15	0:25	0.75	12:54	17:11	32		245	2:14
Rad	20.00	32:17	1:36	2	0:27	5	2:00	20.75	45:11	2:10	32		250	2:07
Rad Total	20.25	34:07												
Laufrunde 2,5 km	2.50	10:36	4:14	6	0:58	37	1:35	23.25	55:47	2:23	32		248	2:27
Lauf	2.50	10:33	4:13	6	0:48	31	1:36	25.75	1:06:20	2:34	3	4:12	19	4:12
Lauf Total	25.25	1:06:20												