



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Forell, Michael

Total time: 1:26:24

Club: Lorsch

Number: 268

Course: 25.75 km

Rank in course/Total: 230 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 193 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 27(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	13:23	26:45	26	5:40	208	6:08	0.50	13:23	26:45	32	0:44	251	4:38
Schwimmen Total	0.50	13:23												
Wechsel Schw.-R	0.25	2:36	10:24	16	1:04	106	1:11	0.75	15:59	21:18	32	1:13	22	5:19
Rad	20.00	38:44	1:56	19	6:54	134	8:27	20.75	54:43	2:38	32	3:58	250	11:39
Rad Total	20.25	41:20												
Laufrunde 2,5 km	2.50	16:25	6:34	30	6:47	236	7:24	23.25	1:11:08	3:03	32	9:36	248	17:48
Lauf	2.50	15:16	6:06	30	5:31	216	6:19	25.75	1:26:24	3:21	27	24:16	194	24:16
Lauf Total	25.25	1:26:24												