



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Horst, Ralf**

**Total time: 1:27:08**

Club: Bensheim

Number: 287

Course: 25.75 km

Rank in course/Total: 239 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 201 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 14(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:10:28

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:26	24:52	12	3:51	171	5:11	0.50	12:26	24:52	20	0:57	251	3:41
Schwimmen Total	0.50	12:26												
Wechsel Schw.-R	0.25	2:56	11:43	10	1:06	136	1:31	0.75	15:22	20:29	20	1:26	245	4:42
Rad	20.00	40:39	2:01	9	5:22	169	10:22	20.75	56:01	2:41	20	6:19	250	12:57
Rad Total	20.25	43:35												
Laufrunde 2,5 km	2.50	14:53	5:57	16	4:09	210	5:52	23.25	1:10:54	3:02	20	9:53	248	17:34
Lauf	2.50	16:14	6:29	18	5:39	230	7:17	25.75	1:27:08	3:23	14	16:40	202	25:00
Lauf Total	25.25	1:27:08												