



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

Christof, Johanna

Total time: 1:22:25

Club: Lorsch

Number: -12

Course: 25.75 km

Rank in course/Total: 194 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 30 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 5(of 5)

weibl. AK 1 (TW 20-24)

Best time in the category: 1:09:42

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:59	23:57	5	5:03	34	5:03	0.50	11:59	23:57	2	5:03	57	
Schwimmen Total	0.50	11:59												
Wechsel Schw.-R	0.25	3:40	14:39	5	2:00	52	2:00	0.75	15:39	20:52	2	7:03	57	
Rad	20.00	40:00	2:00	4	2:56	21	6:12	20.75	55:39	2:40	2	9:38	57	
Rad Total	20.25	43:40												
Laufrunde 2,5 km	2.50	13:49	5:31	4	2:08	31	3:39	23.25	1:09:28	2:59	2	11:39	57	
Lauf	2.50	12:57	5:10	4	1:15	23	2:46	25.75	1:22:25	3:12	5	12:43	30	17:50
Lauf Total	25.25	1:22:25												