



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Windemut, Johannes

Total time: 1:07:45

Club: AC Weinheim

Number: 311

Course: 25.75 km

Rank in course/Total: 29 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 28 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 5(of 13)

männl. AK 2 (TM 25-29)

Best time in the category: 1:04:52

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	9:06	18:11	2	0:45	20	1:51	0.50	9:06	18:11	14		251	0:21
Schwimmen Total	0.50	9:06												
Wechsel Schw.-R	0.25	2:09	8:35	5	0:40	53	0:44	0.75	11:15	15:00	13		245	0:35
Rad	20.00	34:26	1:43	4	1:40	23	4:09	20.75	45:41	2:12	14		250	2:37
Rad Total	20.25	36:35												
Laufrunde 2,5 km	2.50	11:07	4:26	6	1:51	66	2:06	23.25	56:48	2:26	14		248	3:28
Lauf	2.50	10:57	4:22	5	1:55	53	2:00	25.75	1:07:45	2:37	5	2:53	28	5:37
Lauf Total	25.25	1:07:45												