



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Saffert, Christian

Total time: 1:09:24

Club: TSG Maxdorf

Number: 289

Course: 25.75 km

Rank in course/Total: 41 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 39 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 6(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:41	21:22	13	2:58	102	3:26	0.50	10:41	21:22	32		251	1:56
Schwimmen Total	0.50	10:41												
Wechsel Schw.-R	0.25	1:53	7:31	3	0:21	18	0:28	0.75	12:34	16:45	32		245	1:54
Rad	20.00	36:21	1:49	9	4:31	69	6:04	20.75	48:55	2:21	32		250	5:51
Rad Total	20.25	38:14												
Laufrunde 2,5 km	2.50	10:06	4:02	4	0:28	13	1:05	23.25	59:01	2:32	32		248	5:41
Lauf	2.50	10:23	4:09	4	0:38	24	1:26	25.75	1:09:24	2:41	6	7:16	39	7:16
Lauf Total	25.25	1:09:24												