



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Schleifer, Michael

Total time: 1:29:17

Club: Worms

Number: 261

Course: 25.75 km

Rank in course/Total: 253 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 212 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 47(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	14:55	29:49	49	6:50	238	7:40	0.50	14:55	29:49	52	1:14	251	6:10
Schwimmen Total	0.50	14:55												
Wechsel Schw.-R	0.25	3:47	15:07	41	2:05	196	2:22	0.75	18:42	24:56	50	1:25	245	8:02
Rad	20.00	41:17	2:03	39	9:10	182	11:00	20.75	59:59	2:53	19	15:42	250	16:55
Rad Total	20.25	45:04												
Laufrunde 2,5 km	2.50	14:45	5:54	47	4:45	206	5:44	23.25	1:14:44	3:12	19	19:55	248	21:24
Lauf	2.50	14:33	5:49	47	4:46	203	5:36	25.75	1:29:17	3:28	47	25:41	213	27:09
Lauf Total	25.25	1:29:17												