



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Glab, Daniel

Total time: 1:10:24

Club: Seligenstadt

Number: 315

Course: 25.75 km

Rank in course/Total: 51 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 49 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 5(of 19)

männl. AK 1 (TM 20-24)

Best time in the category: 1:03:06

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	9:41	19:22	7	1:27	37	2:26	0.50	9:41	19:22	13	0:34	251	0:56
Schwimmen Total	0.50	9:41												
Wechsel Schw.-R	0.25	2:01	8:03	5	0:08	34	0:36	0.75	11:42	15:35	19	0:23	245	1:02
Rad	20.00	36:24	1:49	5	2:06	72	6:07	20.75	48:06	2:19	20		250	5:02
Rad Total	20.25	38:25												
Laufrunde 2,5 km	2.50	11:23	4:33	8	2:22	87	2:22	23.25	59:29	2:33	20		248	6:09
Lauf	2.50	10:55	4:21	5	1:58	51	1:58	25.75	1:10:24	2:44	5	7:18	49	8:16
Lauf Total	25.25	1:10:24												