



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Göttlicher, Manuel

Total time: 1:10:22

Club: Ladenburg

Number: 320

Course: 25.75 km

Rank in course/Total: 50 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 48 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 5(of 11)

männl. AK 3 (TM 30-34)

Best time in the category: 1:04:01

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:12	20:23	6	1:30	75	2:57	0.50	10:12	20:23	12	0:24	251	1:27
Schwimmen Total	0.50	10:12												
Wechsel Schw.-R	0.25	2:33	10:11	8	0:58	100	1:08	0.75	12:45	17:00	12	1:01	245	2:05
Rad	20.00	35:43	1:47	5	3:29	46	5:26	20.75	48:28	2:20	12	4:30	250	5:24
Rad Total	20.25	38:16												
Laufrunde 2,5 km	2.50	11:02	4:24	4	0:40	60	2:01	23.25	59:30	2:33	12	4:39	248	6:10
Lauf	2.50	10:52	4:20	4	1:11	47	1:55	25.75	1:10:22	2:43	5	6:21	48	8:14
Lauf Total	25.25	1:10:22												