



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Ernst, Holger

Club: Lt Hemsbach

Number: 293

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 2 (TM 45.49)

Total time: 1:13:45

Rank in course/Total: 98 (of 307)

Rank in course/Men: 92 (of 251)

Best time in course: 1:02:08

Rank in category: 19(of 57)

Best time in the category: 1:03:04

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	10:42	21:23	24	2:46	104	3:27	0.50	10:42	21:23	58		251	1:57
Schwimmen Total	0.50	10:42												
Wechsel Schw.-R	0.25	3:06	12:24	30	1:41	149	1:41	0.75	13:48	18:24	56		245	3:08
Rad	20.00	38:13	1:54	26	7:56	118	7:56	20.75	52:01	2:30	58		250	8:57
Rad Total	20.25	41:19												
Laufrunde 2,5 km	2.50	10:47	4:18	10	1:09	49	1:46	23.25	1:02:48	2:42	56		248	9:28
Lauf	2.50	10:57	4:22	13	1:12	53	2:00	25.75	1:13:45	2:51	20	10:41	93	11:37
Lauf Total	25.25	1:13:45												