



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Harnischfeger, Robert

Total time: 1:14:01

Club: SG Dornheim

Number: 303

Course: 25.75 km

Rank in course/Total: 101 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 94 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 20(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	12:28	24:56	37	4:23	176	5:13	0.50	12:28	24:56	52		251	3:43
Schwimmen Total	0.50	12:28												
Wechsel Schw.-R	0.25	2:15	9:00	9	0:33	63	0:50	0.75	14:43	19:37	50		245	4:03
Rad	20.00	37:02	1:51	20	4:55	91	6:45	20.75	51:45	2:29	51	7:28	250	8:41
Rad Total	20.25	39:17												
Laufrunde 2,5 km	2.50	11:14	4:29	16	1:14	70	2:13	23.25	1:02:59	2:42	51	8:10	248	9:39
Lauf	2.50	11:02	4:24	12	1:15	58	2:05	25.75	1:14:01	2:52	20	10:25	95	11:53
Lauf Total	25.25	1:14:01												