



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Steingens, Uwe

Club: Alsbach-Hähnlein

Number: 300

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 2 (TM 45.49)

Total time: 1:17:21

Rank in course/Total: 145 (of 307)

Rank in course/Men: 129 (of 251)

Best time in course: 1:02:08

Rank in category: 29(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	12:17	24:33	37	4:21	167	5:02	0.50	12:17	24:33	58	1:27	251	3:32
Schwimmen Total	0.50	12:17												
Wechsel Schw.-R	0.25	4:02	16:07	49	2:37	211	2:37	0.75	16:19	21:45	56	0:11	245	5:39
Rad	20.00	37:05	1:51	20	6:48	92	6:48	20.75	53:24	2:34	58		250	10:20
Rad Total	20.25	41:07												
Laufrunde 2,5 km	2.50	11:46	4:42	21	2:08	106	2:45	23.25	1:05:10	2:48	56		248	11:50
Lauf	2.50	12:11	4:52	28	2:26	132	3:14	25.75	1:17:21	3:00	30	14:17	130	15:13
Lauf Total	25.25	1:17:21												