



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Herweck, Horst

Club: SM Club Annabelle

Number: 299

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 5 (TM 60-64)

Total time: 1:17:51

Rank in course/Total: 150 (of 307)

Rank in course/Men: 134 (of 251)

Best time in course: 1:02:08

Rank in category: 3(of 11)

Best time in the category: 1:11:12

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	13:21	26:41	7	3:32	207	6:06	0.50	13:21	26:41	12	3:32	251	4:36
Schwimmen Total	0.50	13:21												
Wechsel Schw.-R	0.25	3:18	13:11	6	1:18	172	1:53	0.75	16:39	22:11	12	4:50	245	5:59
Rad	20.00	36:58	1:50	2	0:44	87	6:41	20.75	53:37	2:35	12	5:34	250	10:33
Rad Total	20.25	40:16												
Laufrunde 2,5 km	2.50	12:13	4:53	3	0:40	128	3:12	23.25	1:05:50	2:49	12	6:14	248	12:30
Lauf	2.50	12:01	4:48	2	0:25	125	3:04	25.75	1:17:51	3:01	3	6:39	135	15:43
Lauf Total	25.25	1:17:51												