



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Hohl, Klaus

Club: Schwaigern

Number: 316

Course: 25.75 km

Lorsche Triathlon 0,5-20-5

Category:

Senioren 3 (TM 50-54)

Total time: 1:19:29

Rank in course/Total: 170 (of 307)

Rank in course/Men: 149 (of 251)

Best time in course: 1:02:08

Rank in category: 11(of 21)

Best time in the category: 1:03:51

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	11:37	23:14	12	3:48	146	4:22	0.50	11:37	23:14	22	0:39	251	2:52
Schwimmen Total	0.50	11:37												
Wechsel Schw.-R	0.25	2:29	9:56	9	1:00	92	1:04	0.75	14:06	18:48	22	0:27	245	3:26
Rad	20.00	37:34	1:52	10	4:54	101	7:17	20.75	51:40	2:29	22		250	8:36
Rad Total	20.25	40:03												
Laufrunde 2,5 km	2.50	13:48	5:31	12	3:47	189	4:47	23.25	1:05:28	2:48	22	3:15	248	12:08
Lauf	2.50	14:01	5:36	13	4:00	190	5:04	25.75	1:19:29	3:05	11	15:38	150	17:21
Lauf Total	25.25	1:19:29												