



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Lammer, Oliver

Total time: 1:23:57

Club: TTV Topspin Lorsch

Number: 19

Course: 25.75 km

Rank in course/Total: 212 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 179 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 26(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

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	13:07	26:14	25	5:24	199	5:52	0.50	13:07	26:14	32	0:28	25	4:22
Schwimmen Total	0.50	13:07												
Wechsel Schw.-R	0.25	3:01	12:03	21	1:29	143	1:36	0.75	16:08	21:30	32	1:22	25	5:28
Rad	20.00	40:59	2:02	23	9:09	177	10:42	20.75	57:07	2:45	32	6:22	25	14:03
Rad Total	20.25	44:00												
Laufrunde 2,5 km	2.50	13:26	5:22	25	3:48	180	4:25	23.25	1:10:33	3:02	32	9:01	25	17:13
Lauf	2.50	13:24	5:21	24	3:39	171	4:27	25.75	1:23:57	3:15	26	21:49	180	21:49
Lauf Total	25.25	1:23:57												