



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

### Alzeyer Fast Runners

Club: Alzeyer Fast Runners

Number: 352

Course: 25.75 km

Triathlonstaffel

Category:

Triathlon-Staffel

Total time: 1:05:04

Rank in course/Total: 3 (of 21)

Rank in course/Total: 3 (of 21)

Best time in course: 1:03:04

Rank in category: 3(of 21)

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 Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.50	9:58	19:56	8	3:14	8	3:14	0.50	9:58	19:56	20		20	
Schwimmen Total	0.50	9:58												
Wechsel Schw.-R	0.25	1:31	6:03	3	0:16	3	0:16	0.75	11:29	15:18	20		20	
Rad	20.00	32:49	1:38	2	32:08	2	32:08	20.75	44:18	2:08	20		20	
Rad Total	20.25	34:20												
Laufrunde 2,5 km	2.50	9:58	3:59	5	1:27	5	1:27	23.25	54:16	2:20	20		20	
Lauf	2.50	10:48	4:19	5	2:01	5	2:01	25.75	1:05:04	2:31	3	2:00	3	2:00
Lauf Total	25.25	1:05:04												