



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Ellwanger, Marcel**

Total time: 1:09:25

Club: LAZ Triathlon

Number: 376

Course: 25.75 km

Rank in course/Total: 42 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 41 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 4(of 19)

männl. AK 1 (TM 20-24)

Best time in the category: 1:03:06

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	9:50	19:40	11	1:36	50	2:35	0.50	9:50	19:40	20	0:43	251	1:05
Schwimmen Total	0.50	9:50												
Wechsel Schw.-R	0.25	fehlt!	-	-	-	-	-	0.75	-	-	-	-	-	-
Rad	20.00	38:36	1:55	11	4:18	128	8:19	20.75	48:26	2:20	20		250	5:22
Rad Total	20.25	38:36												
Laufrunde 2,5 km	2.50	10:24	4:09	4	1:23	28	1:23	23.25	58:50	2:31	20		248	5:30
Lauf	2.50	10:35	4:14	4	1:38	35	1:38	25.75	1:09:25	2:41	4	6:19	41	7:17
Lauf Total	25.25	1:09:25												