



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

### Jog & Rock Bensheim

Club: Jog & Rock Bensheim

Number: 354

Course: 25.75 km

Triathlonstaffel

Category:

Triathlon-Staffel

Total time: 1:13:29

Rank in course/Total: 10 (of 21)

Rank in course/Total: 10 (of 21)

Best time in course: 1:03:04

Rank in category: 10(of 21)

Best time in the category: 1:03:04

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                  |             |               |                 |             |                | Pos<br>Total | Behind<br>Total | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Total | Behind<br>Total |  |
| Schwimmen        | 0.50        | 6:47          | 13:33           | 2           | 0:03           | 2            | 0:03            | 0.50          | 6:47          | 13:33           | 13          |                |              | 13              |  |
| Schwimmen Total  | 0.50        | 6:47          |                 |             |                |              |                 |               |               |                 |             |                |              |                 |  |
| Wechsel Schw.-R  | 0.25        | 40:59         | 163:56          | 21          | 39:44          | 21           | 39:44           | 0.75          | 47:46         | 63:41           | 13          | 33:34          | 13           | 33:34           |  |
| Rad              | 20.00       | 0:41          | 0:02            | 1           | -              | 1            | -               | 20.75         | 48:27         | 2:20            | 13          |                |              | 13              |  |
| Rad Total        | 20.25       | 41:40         |                 |             |                |              |                 |               |               |                 |             |                |              |                 |  |
| Laufrunde 2,5 km | 2.50        | 12:14         | 4:53            | 14          | 3:43           | 14           | 3:43            | 23.25         | 1:00:41       | 2:36            | 13          |                |              | 13              |  |
| Lauf             | 2.50        | 12:48         | 5:07            | 9           | 4:01           | 9            | 4:01            | 25.75         | 1:13:29       | 2:51            | 10          | 10:25          | 10           | 10:25           |  |
| Lauf Total       | 25.25       | 1:13:29       |                 |             |                |              |                 |               |               |                 |             |                |              |                 |  |