



# 9. Lorsche Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Meyer, Ralf**

**Total time: 1:17:45**

Club: LG Mischgewebe Zwingenberg

Number: 372

Course: 25.75 km

Rank in course/Total: 149 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 133 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 30(of 57)

Senioren 2 (TM 45.49)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:52	23:44	33	3:56	152	4:37	0.50	11:52	23:44	58	1:02	251	3:07
Schwimmen Total	0.50	11:52												
Wechsel Schw.-R	0.25	4:04	16:15	50	2:39	216	2:39	0.75	15:56	21:14	56		245	5:16
Rad	20.00	40:27	2:01	36	10:10	160	10:10	20.75	56:23	2:43	58		250	13:19
Rad Total	20.25	44:31												
Laufrunde 2,5 km	2.50	10:43	4:17	9	1:05	44	1:42	23.25	1:07:06	2:53	56		248	13:46
Lauf	2.50	10:39	4:15	9	0:54	40	1:42	25.75	1:17:45	3:01	31	14:41	134	15:37
Lauf Total	25.25	1:17:45												