



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Hammann, Holger

Total time: 1:43:22

Club: TSV Wolfskehlen

Number: 298

Course: 25.75 km

Rank in course/Total: 297 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 242 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 54(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	13:31	27:02	49	5:35	215	6:16	0.50	13:31	27:02	58	2:41	251	4:46
Schwimmen Total	0.50	13:31												
Wechsel Schw.-R	0.25	4:47	19:07	52	3:22	232	3:22	0.75	18:18	24:24	56	2:10	245	7:38
Rad	20.00	48:11	2:24	55	17:54	244	17:54	20.75	1:06:29	3:12	58	3:45	250	23:25
Rad Total	20.25	52:58												
Laufrunde 2,5 km	2.50	18:10	7:16	54	8:32	244	9:09	23.25	1:24:39	3:38	56	7:09	248	31:19
Lauf	2.50	18:43	7:29	54	8:58	242	9:46	25.75	1:43:22	4:00	55	40:18	243	41:14
Lauf Total	25.25	1:43:22												