



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Alexander, Ralf

Total time: 1:26:52

Club: Lorsch

Number: 379

Rank in course/Total: 233 (of 307)

Rank in course/Men: 195 (of 251)

Best time in course: 1:02:08

Enduro E Bike

Category:

Rank in category: 15(of 21)

Senioren 3 (TM 50-54)

Best time in the category: 1:03:51

| 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 | 12:51 | 25:41 | 16 | 5:02 | 194 | 5:36 | 0.50 | 12:51 | 25:41 | 22 | 1:53 | 251 | 4:06 |
| Schwimmen Total | 0.50 | 12:51 | | | | | | | | | | | | |
| Wechsel Schw.-R | 0.25 | 3:16 | 13:03 | 15 | 1:47 | 171 | 1:51 | 0.75 | 16:07 | 21:29 | 11 | 2:28 | 245 | 5:27 |
| Rad | 20.00 | 40:32 | 2:01 | 13 | 7:52 | 162 | 10:15 | 20.75 | 56:39 | 2:43 | 22 | 4:38 | 250 | 13:35 |
| Rad Total | 20.25 | 43:48 | | | | | | | | | | | | |
| Laufrunde 2,5 km | 2.50 | 14:58 | 5:59 | 17 | 4:57 | 212 | 5:57 | 23.25 | 1:11:37 | 3:04 | 22 | 9:24 | 248 | 18:17 |
| Lauf | 2.50 | 15:15 | 6:05 | 18 | 5:14 | 214 | 6:18 | - | 1:26:52 | - | 15 | 23:01 | 196 | 24:44 |
| Lauf Total | 0.00 | 1:26:52 | | | | | | | | | | | | |