



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Alexander, Ralf

Total time: 1:26:52

Club: Lorsch

Number: 379

Course: 25.75 km

Rank in course/Total: 233 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 195 (of 251)

Best time in course: 1:02:08

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	25.75	1:26:52	3:22	15	23:01	196	24:44
Lauf Total	25.25	1:26:52												