



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Schambach, Jens

Total time: 1:30:31

Club: DLRG Lorsch

Number: 45

Course: 25.75 km

Rank in course/Total: 260 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 217 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 45(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	10:56	21:52	27	3:00	112	3:41	0.50	10:56	21:52	58	0:06	32	2:11
Schwimmen Total	0.50	10:56												
Wechsel Schw.-R	0.25	4:10	16:40	51	2:45	220	2:45	0.75	15:06	20:07	56		32	4:26
Rad	20.00	45:32	2:16	52	15:15	234	15:15	20.75	1:00:38	2:55	58		32	17:34
Rad Total	20.25	49:42												
Laufrunde 2,5 km	2.50	14:47	5:54	42	5:09	208	5:46	23.25	1:15:25	3:14	56		32	22:05
Lauf	2.50	15:06	6:02	44	5:21	213	6:09	25.75	1:30:31	3:30	46	27:27	218	28:23
Lauf Total	25.25	1:30:31												