



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Ruhs, Mirko

Total time: 1:02:10

Club: Schwimmclub Heppenheim

Number: 110

Enduro E Bike

Rank in course/Total: 2 (of 307)

Rank in course/Men: 2 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 2(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

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	8:56	17:52	4	1:13	17	1:41	0.50	8:56	17:52	32		251	0:11
Schwimmen Total	0.50	8:56												
Wechsel Schw.-R	0.25	2:01	8:03	5	0:29	34	0:36	0.75	10:57	14:35	32		245	0:17
Rad	20.00	31:50	1:35	1	-	2	1:33	20.75	42:47	2:03	32		250	
Rad Total	20.25	33:51												
Laufrunde 2,5 km	2.50	9:38	3:51	1	-	3	0:37	23.25	52:25	2:15	32		248	
Lauf	2.50	9:45	3:53	1	-	4	0:48	-	1:02:10	-	2	0:02	2	0:02
Lauf Total	0.00	1:02:10												