



# 9. Lorsch Triathlon

Lorsch / 12.08.2012

## Detailed evaluation

**Vakalopoulos, Matthias**

Club: TV Lampertheim Triathlon

Number: 102

Course: 25.75 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 1 (TM 20-24)

**Total time: 1:06:31**

Rank in course/Total: 24 (of 307)

Rank in course/Men: 23 (of 251)

Best time in course: 1:02:08

Rank in category: 3(of 19)

Best time in the category: 1:03:06

### Intermediate times

### Stage score

### Total ranking

| Control          | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                  |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Schwimmen        | 0.50        | 8:14          | 16:27           | 1           | -              | 7           | 0:59          | 0.50          | 8:14          | 16:27           | 20          |                | 251        |               |
| Schwimmen Total  | 0.50        | 8:14          |                 |             |                |             |               |               |               |                 |             |                |            |               |
| Wechsel Schw.-R  | 0.25        | 1:56          | 7:44            | 3           | 0:03           | 23          | 0:31          | 0.75          | 10:10         | 13:33           | 19          |                | 245        |               |
| Rad              | 20.00       | 34:18         | 1:42            | 1           | -              | 22          | 4:01          | 20.75         | 44:28         | 2:08            | 20          |                | 250        | 1:24          |
| Rad Total        | 20.25       | 36:14         |                 |             |                |             |               |               |               |                 |             |                |            |               |
| Laufrunde 2,5 km | 2.50        | 10:44         | 4:17            | 6           | 1:43           | 45          | 1:43          | 23.25         | 55:12         | 2:22            | 20          |                | 248        | 1:52          |
| Lauf             | 2.50        | 11:19         | 4:31            | 7           | 2:22           | 73          | 2:22          | 25.75         | 1:06:31       | 2:34            | 3           | 3:25           | 23         | 4:23          |
| Lauf Total       | 25.25       | 1:06:31       |                 |             |                |             |               |               |               |                 |             |                |            |               |