



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Rauch, Thomas

Total time: 1:08:51

Club: Lorsch

Number: 117

Course: 25.75 km

Rank in course/Total: 36 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 35 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 6(of 52)

Senioren 1 (TM 40-44)

Best time in the category: 1:03:36

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	9:58	19:56	6	1:53	57	2:43	0.50	9:58	19:56	52		251	1:13
Schwimmen Total	0.50	9:58												
Wechsel Schw.-R	0.25	2:25	9:39	14	0:43	85	1:00	0.75	12:23	16:30	50		245	1:43
Rad	20.00	34:32	1:43	5	2:25	26	4:15	20.75	46:55	2:15	51	2:38	250	3:51
Rad Total	20.25	36:57												
Laufrunde 2,5 km	2.50	10:45	4:17	10	0:45	47	1:44	23.25	57:40	2:28	51	2:51	248	4:20
Lauf	2.50	11:11	4:28	16	1:24	67	2:14	25.75	1:08:51	2:40	6	5:15	35	6:43
Lauf Total	25.25	1:08:51												