



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Temlak, Markus

Total time: 1:12:36

Club: Bermersheim

Number: 98

Course: 25.75 km

Rank in course/Total: 84 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 79 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 17(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	9:59	19:57	7	1:54	59	2:44	0.50	9:59	19:57	52		251	1:14
Schwimmen Total	0.50	9:59												
Wechsel Schw.-R	0.25	3:15	13:00	37	1:33	169	1:50	0.75	13:14	17:38	50		245	2:34
Rad	20.00	36:07	1:48	13	4:00	60	5:50	20.75	49:21	2:22	51	5:04	250	6:17
Rad Total	20.25	39:22												
Laufrunde 2,5 km	2.50	11:31	4:36	22	1:31	98	2:30	23.25	1:00:52	2:37	51	6:03	248	7:32
Lauf	2.50	11:44	4:41	23	1:57	103	2:47	25.75	1:12:36	2:49	17	9:00	79	10:28
Lauf Total	25.25	1:12:36												