



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Stapler, Oliver

Total time: 1:13:46

Club: Lorsch

Number: 105

Course: 25.75 km

Rank in course/Total: 100 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 93 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 12(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	10:27	20:53	12	2:44	94	3:12	0.50	10:27	20:53	32		251	1:42
Schwimmen Total	0.50	10:27												
Wechsel Schw.-R	0.25	2:26	9:43	14	0:54	86	1:01	0.75	12:53	17:10	32		245	2:13
Rad	20.00	36:22	1:49	10	4:32	70	6:05	20.75	49:15	2:22	32		250	6:11
Rad Total	20.25	38:48												
Laufrunde 2,5 km	2.50	12:10	4:51	17	2:32	125	3:09	23.25	1:01:25	2:38	32		248	8:05
Lauf	2.50	12:21	4:56	21	2:36	140	3:24	25.75	1:13:46	2:51	12	11:38	94	11:38
Lauf Total	25.25	1:13:46												