



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Jog & Rock Bensheim

Number: 354

Course: 25.75 km

Triathlonstaffel

Category:

Triathlon-Staffel

Total time: 1:13:29

Speed: 20.41 km/h

Running performance: 2:51 min/km

Rank in course: 10 (of 21)

Best time in course: 1:03:04

Rank in category: 10(of 21)

Best time in the category: 1:03:04

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Schwimmen	0.50	6:47	13:33	2	0:03	2	0:03	0.50	6:47	13:33	13			13
Rad	20.25	41:40	2:03	12	7:20	12	7:20	20.75	48:27	2:20	13			13
Lauf	5.00	25:02	5:00	11	7:44	11	7:44	25.75	1:13:29	2:51	10	10:25	10	10:25