



# 12. Lorsch Triathlon

Lorsch / 02.08.2015

## Detailed evaluation

**Fabian, Ralf**

**Total time: 1:02:45**

Club: SSG Bensheim

Number: 118

Course: 25.50 km

Rank in course/Total: 6 (of 340)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 6 (of 251)

Best time in course: 59:47

Category:

Rank in category: 1(of 37)

Senioren 3 (TM 50)

Best time in the category: 1:02:45

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	8:16	0.00	1	-	4	0:32	0.50	8:16	0.00	1	-	252	0:32
Wechsel S -> R	-	1:28	-	1	-	4	0:05	0.50	9:44	0.00	1	-	251	0:20
Schwimmen Total	0.50	9:44	0.00	1	-	251	0:20	0.50	9:44	0.00	1	-	251	0:20
Rad netto	20.00	32:33	36.87	2	0:27	10	29:57	20.50	42:17	28.38	38	0:12	251	24:42
Wechsel R -> L	-	0:53	-	11	0:19	80	0:24	20.50	43:10	27.80	38	0:31	251	24:01
Rad Total	20.00	33:26	35.89	2	0:46	11	29:16	20.50	43:10	27.80	38	0:31	251	24:01
Lauf	5.00	19:35	15.32	2	1:19	16	5:49	25.50	1:02:45	23.90	1	-	7	21:53