



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Derst, Andreas

Total time: 1:24:48

Club: Lorsch

Number: 157

Course: 25.50 km

Rank in course/Total: 284 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 233 (of 290)

Best time in course: 57:38

Category:

Rank in category: 28(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:41

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	0.50	13:40	2.20	29	5:42	214	6:48	0.50	13:40	2.20	30	2:10	250	6:18
Rad	20.00	42:49	28.03	20	6:46	148	9:26	20.50	56:29	21.78	27	3:47	231	9:38
Lauf	5.00	28:19	10.59	22	7:13	158	11:14	25.50	1:24:48	18.04	28	23:07	234	27:10