



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Dahmen, Dieter

Total time: 1:19:11

Club: Ginnheimer LT

Number: 103

Course: 25.50 km

Rank in course/Total: 165 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 143 (of 240)

Best time in course: 57:33

Category:

Rank in category: 28(of 49)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:31

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	10:38	0.00	8	2:40	51	3:03	0.50	10:38	0.00	29		155	1:53
Rad	20.00	42:54	27.97	11	7:00	61	7:05	20.50	53:32	22.42	27	1:25	135	5:55
Lauf	5.00	25:39	11.70	14	6:13	78	6:16	25.50	1:19:11	18.94	28	18:40	143	21:38