



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Horster, Dirk

Total time: 1:16:11

Club: Zwingenberg

Number: 264

Course: 25.50 km

Rank in course/Total: 131 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 120 (of 240)

Best time in course: 57:33

Category:

Rank in category: 32(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	12:58	0.00	28	5:23	130	5:23	0.50	12:58	0.00	14	3:11	155	4:13
Rad	20.00	39:23	30.47	8	3:34	26	3:34	20.50	52:21	22.92	12	4:16	135	4:44
Lauf	5.00	23:50	12.59	10	3:14	53	4:27	25.50	1:16:11	19.69	31	18:30	119	18:38