



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Horster, Dirk

Total time: 1:09:54

Club: Zwingenberg

Number: 17

Course: 25.50 km

Rank in course/Total: 55 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 53 (of 220)

Best time in course: 58:13

Category:

Rank in category: 11(of 35)

männl. AK 4 (TM 35-39)

Best time in the category: 59:10

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	11:06	0.00	23	3:55	106	3:55	0.50	11:06	0.00	36		11	2:41
Schwimmen Total	0.50	11:06												
Rad	20.00	38:00	31.58	10	4:49	47	4:49	20.50	49:06	24.44	36		11	5:59
Rad Total	20.00	38:00												
Lauf	5.00	20:48	14.42	14	3:15	69	10:39	25.50	1:09:54	21.46	11	10:44	59	11:41
Lauf Total	25.00	1:09:54												