



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Küstermann, Benedikt

Total time: 1:06:59

Club: SC Oberursel

Number: 179

Course: 25.50 km

Rank in course/Total: 36 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 35 (of 220)

Best time in course: 58:13

Category:

Rank in category: 8(of 29)

männl. AK 3 (TM 30-34)

Best time in the category: 58:13

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	8:57	0.00	7	1:29	30	1:46	0.50	8:57	0.00	30		220	0:32
Schwimmen Total	0.50	8:57												
Rad	20.00	37:45	31.79	9	4:07	42	4:34	20.50	46:42	25.70	30	2:04	219	3:35
Rad Total	20.00	37:45												
Lauf	5.00	20:17	14.79	9	8:18	58	10:08	25.50	1:06:59	22.39	8	8:46	40	8:46
Lauf Total	25.00	1:06:59												