



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Rossrucker, Bastian

Total time: 1:19:12

Club: Lorsch

Number: 203

Course: 25.50 km

Rank in course/Total: 156 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 139 (of 220)

Best time in course: 58:13

Category:

Rank in category: 22(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	12:14	0.00	23	4:46	147	5:03	0.50	12:14	0.00	30	3:00	220	3:49
Schwimmen Total	0.50	12:14												
Rad	20.00	43:10	27.80	22	9:32	143	9:59	20.50	55:24	21.66	30	10:46	219	12:17
Rad Total	20.00	43:10												
Lauf	5.00	23:48	12.61	24	11:49	142	13:39	25.50	1:19:12	18.94	24	20:59	148	20:59
Lauf Total	25.00	1:19:12												