



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Spangenberg, Dirk

Total time: 1:08:00

Club: Weinheim

Number: 249

Course: 25.50 km

Rank in course/Total: 43 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 42 (of 220)

Best time in course: 58:13

Category:

Rank in category: 5(of 31)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:58

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	11:52	0.00	18	3:53	138	4:41	0.50	11:52	0.00	32		220	3:27
Schwimmen Total	0.50	11:52												
Rad	20.00	37:22	32.11	4	2:40	34	4:11	20.50	49:14	24.37	32		219	6:07
Rad Total	20.00	37:22												
Lauf	5.00	18:46	15.99	4	8:23	30	8:37	25.50	1:08:00	22.06	7	7:02	47	9:47
Lauf Total	25.00	1:08:00												