



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Braun, Dirk

Total time: 1:20:46

Club: Lorsch

Number: 253

Course: 25.50 km

Rank in course/Total: 175 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 149 (of 220)

Best time in course: 58:13

Category:

Rank in category: 30(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	12:30	0.00	29	5:19	161	5:19	0.50	12:30	0.00	1	-	220	4:05
Schwimmen Total	0.50	12:30												
Rad	20.00	43:18	27.71	30	10:07	148	10:07	20.50	55:48	21.51	1	-	219	12:41
Rad Total	20.00	43:18												
Lauf	5.00	24:58	12.02	28	7:25	166	14:49	25.50	1:20:46	18.57	30	21:36	158	22:33
Lauf Total	25.00	1:20:46												