



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Baust, Rolf

Total time: 1:14:24

Club: TV Dielheim

Number: 144

Course: 25.50 km

Rank in course/Total: 105 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 99 (of 220)

Best time in course: 58:13

Category:

Rank in category: 8(of 25)

Senioren 3 (TM 50-54)

Best time in the category: 1:06:05

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	11:14	0.00	11	3:21	110	4:03	0.50	11:14	0.00	26		220	2:49
Schwimmen Total	0.50	11:14												
Rad	20.00	41:26	28.96	10	4:16	112	8:15	20.50	52:40	22.78	26		219	9:33
Rad Total	20.00	41:26												
Lauf	5.00	21:44	13.80	7	10:20	89	11:35	25.50	1:14:24	20.16	11	8:49	107	16:11
Lauf Total	25.00	1:14:24												