



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Horster, Dirk

Club: Zwingenberg

Number: 28

Course: 25.75 km

Lorsche Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:11:27

Rank in course/Total: 65 (of 307)

Rank in course/Men: 62 (of 251)

Best time in course: 1:02:08

Rank in category: 11(of 52)

Best time in the category: 1:03:36

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:17	22:33	24	3:12	129	4:02	0.50	11:17	22:33	52		10	2:32
Schwimmen Total	0.50	11:17												
Wechsel Schw.-R	0.25	2:30	10:00	18	0:48	93	1:05	0.75	13:47	18:22	50		10	3:07
Rad	20.00	35:38	1:46	8	3:31	45	5:21	20.75	49:25	2:22	51	5:08	10	6:21
Rad Total	20.25	38:08												
Laufrunde 2,5 km	2.50	10:58	4:23	13	0:58	58	1:57	23.25	1:00:23	2:35	51	5:34	10	7:03
Lauf	2.50	11:04	4:25	13	1:17	60	2:07	25.75	1:11:27	2:46	11	7:51	62	9:19
Lauf Total	25.25	1:11:27												