



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Dierkes, Ralf

Total time: 1:27:04

Club: Lorsch

Number: 206

Enduro E Bike

Rank in course/Total: 238 (of 307)

Rank in course/Men: 200 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 45(of 52)

Senioren 1 (TM 40-44)

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	12:33	25:06	38	4:28	179	5:18	0.50	12:33	25:06	16		251	3:48
Schwimmen Total	0.50	12:33												
Wechsel Schw.-R	0.25	4:44	18:56	48	3:02	229	3:19	0.75	17:17	23:02	1	-	245	6:37
Rad	20.00	42:43	2:08	42	10:36	204	12:26	20.75	1:00:00	2:53	51	15:43	250	16:56
Rad Total	20.25	47:27												
Laufrunde 2,5 km	2.50	13:20	5:20	42	3:20	176	4:19	23.25	1:13:20	3:09	51	18:31	248	20:00
Lauf	2.50	13:44	5:29	42	3:57	180	4:47	-	1:27:04	-	45	23:28	201	24:56
Lauf Total	0.00	1:27:04												