



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Dippel, Volker

Total time: 1:22:59

Club: Skiclub Ludwigshafen

Number: 42

Course: 25.75 km

Rank in course/Total: 202 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 171 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 3(of 8)

Senioren 6 (TM 65-69)

Best time in the category: 1:19:17

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	10:37	21:14	1	-	100	3:22	0.50	10:37	21:14	1	-	23	1:52
Schwimmen Total	0.50	10:37												
Wechsel Schw.-R	0.25	3:33	14:11	5	0:53	187	2:08	0.75	14:10	18:53	1	-	23	3:30
Rad	20.00	41:25	2:04	3	4:39	187	11:08	20.75	55:35	2:40	1	-	23	12:31
Rad Total	20.25	44:58												
Laufrunde 2,5 km	2.50	13:52	5:32	2	1:17	191	4:51	23.25	1:09:27	2:59	1	-	23	16:07
Lauf	2.50	13:32	5:24	1	-	175	4:35	25.75	1:22:59	3:13	3	3:42	172	20:51
Lauf Total	25.25	1:22:59												