



9. Lorsche Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Dechant, Dirk

Total time: 1:16:41

Club: Team BODY-ATTACK

Number: 290

Course: 25.75 km

Rank in course/Total: 138 (of 307)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 123 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 18(of 31)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:45	25:30	23	5:02	190	5:30	0.50	12:45	25:30	32	0:06	251	4:00
Schwimmen Total	0.50	12:45												
Wechsel Schw.-R	0.25	2:20	9:20	12	0:48	75	0:55	0.75	15:05	20:06	32	0:19	245	4:25
Rad	20.00	37:21	1:52	13	5:31	98	7:04	20.75	52:26	2:31	32	1:41	250	9:22
Rad Total	20.25	39:41												
Laufrunde 2,5 km	2.50	12:12	4:52	18	2:34	126	3:11	23.25	1:04:38	2:46	32	3:06	248	11:18
Lauf	2.50	12:03	4:49	20	2:18	128	3:06	25.75	1:16:41	2:58	18	14:33	124	14:33
Lauf Total	25.25	1:16:41												