



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Dietrich, Alexander

Total time: 1:36:36

Club: DLRG Lorsch

Number: 39

Course: 25.75 km

Rank in course/Total: 290 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 236 (of 251)

Best time in course: 1:02:08

Category:

Rank in category: 50(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	10:03	20:06	10	1:58	66	2:48	0.50	10:03	20:06	52		36	1:18
Schwimmen Total	0.50	10:03												
Wechsel Schw.-R	0.25	4:29	17:56	47	2:47	227	3:04	0.75	14:32	19:22	50		36	3:52
Rad	20.00	50:11	2:30	50	18:04	247	19:54	20.75	1:04:43	3:07	51	20:26	36	21:39
Rad Total	20.25	54:40												
Laufrunde 2,5 km	2.50	15:44	6:17	50	5:44	227	6:43	23.25	1:20:27	3:27	51	25:38	35	27:07
Lauf	2.50	16:09	6:27	50	6:22	226	7:12	25.75	1:36:36	3:45	50	33:00	237	34:28
Lauf Total	25.25	1:36:36												