



9. Lorsch Triathlon

Lorsch / 12.08.2012

Detailed evaluation

Dechant, Danny

Total time: 1:20:47

Club: Team BODY-ATTACK

Number: 53

Course: 25.75 km

Rank in course/Total: 182 (of 307)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 23 (of 56)

Best time in course: 1:04:35

Category:

Rank in category: 5(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:12:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:44	23:27	6	3:45	27	4:48	0.50	11:44	23:27	3	2:34	50	
Schwimmen Total	0.50	11:44												
Wechsel Schw.-R	0.25	2:27	9:48	7	0:26	20	0:47	0.75	14:11	18:54	3	2:58	50	
Rad	20.00	39:09	1:57	4	1:38	17	5:21	20.75	53:20	2:34	3	4:36	50	
Rad Total	20.25	41:36												
Laufrunde 2,5 km	2.50	13:35	5:26	7	2:29	28	3:25	23.25	1:06:55	2:52	3	6:34	50	
Lauf	2.50	13:52	5:32	9	2:13	33	3:41	25.75	1:20:47	3:08	5	8:32	23	16:12
Lauf Total	25.25	1:20:47												