



# 10. Lorsch Triathlon

Lorsch / 11.08.2013

## Detailed evaluation

Horster, Dirk

Total time: 1:10:20

Number: 12

Course: 25.75 km

Rank in course/Total: 70 (of 322)

Lorsch Triathlon 0,5-20,0-5,0

Rank in course/Men: 66 (of 260)

Best time in course: 58:22

Category:

Rank in category: 17(of 53)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:40

### Intermediate times

### Stage score

### Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			km/h	Cat.								Cat.
Schwimmen	0.50	11:37	0.00	31	3:49	161	4:53	0.50	11:37	0.00	54	1:31	13	2:31
Wechsel Schwim	0.20	2:39	0.00	31	1:06	137	1:13	0.70	14:16	0.00	54	2:06	13	3:25
Schwimmen Total	0.70	14:16	0.00	54	2:06	13	3:25	0.70	14:16	0.00	54	2:06	13	3:25
Rad	20.00	33:49	35.49	11	3:04	38	3:04	20.70	48:05	24.96	54	2:21	13	6:12
Wechsel Rad-Lau	0.05	0:46	0.00	10	0:20	43	0:43	20.75	48:51	24.56	54	2:18	13	6:07
Rad Total	20.05	34:35	34.70	12	2:58	38	2:58	20.75	48:51	24.56	54	2:18	13	6:07
Lauf	5.00	21:29	13.96	17	5:08	66	5:57	25.75	1:10:20	21.33	17	9:40	67	11:58