



# 13. Lorsch Triathlon

Lorsch / 14.08.2016

## Detailed evaluation

Dechant, Dirk

Total time: 1:11:30

Club: Team Body Attack

Number: 378

Course: 25.50 km

Rank in course/Total: 76 (of 336)

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

Rank in course/Men: 69 (of 240)

Best time in course: 1:01:20

Category:

Rank in category: 11(of 31)

Senioren 1 (TM 40)

Best time in the category: 1:02:45

### 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 nett	0.50	11:54	23:48	20	3:57	152	4:36	0.50	11:54	23:48	32	3:57	241	4:36
Wechsel S -> R	-	1:58	-	10	0:36	55	0:42	0.50	13:52	27:44	32	4:15	126	4:48
Schwimmen Total	0.50	13:52	27:44	32	4:15	126	4:48	0.50	13:52	27:44	32	4:15	126	4:48
Rad netto	20.00	34:28	1:43	7	2:23	53	9:59	20.50	48:20	2:21	32	4:19	241	6:52
Wechsel R -> L	-	1:11	-	19	0:41	151	0:44	20.50	49:31	2:24	32	8:20	241	8:20
Rad Total	20.00	35:39	1:46	8	3:03	58	7:40	20.50	49:31	2:24	32	8:20	241	8:20
Lauf	5.00	21:59	4:23	10	4:08	64	4:21	25.50	1:11:30	2:48	11	8:45	69	10:10