



5. Lorsche Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Rauh, Alexander

Total time: 1:21:50

Club: Weinheim

Number: 145

Course: 25.50 km

Rank in course/Total: 239 (of 379)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 204 (of 290)

Best time in course: 57:38

Category:

Rank in category: 40(of 57)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	10:34	2.84	24	2:59	86	3:42	0.50	10:34	2.84	50	0:15	250	3:12
Rad	20.00	44:57	26.70	41	9:55	187	11:34	20.50	55:31	22.16	47	8:01	231	8:40
Lauf	5.00	26:19	11.40	24	6:20	113	9:14	25.50	1:21:50	18.70	40	19:24	205	24:12