



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Heist, Thomas

Total time: 1:21:55

Club: Lorsch

Number: 143

Course: 25.50 km

Rank in course/Total: 241 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 206 (of 290)

Best time in course: 57:38

Category:

Rank in category: 27(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:01:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:48	0.00	11	2:50	92	3:56	0.50	10:48	0.00	15		250	3:26
Rad	20.00	43:31	27.58	24	7:28	162	10:08	20.50	54:19	22.09	27	1:37	231	7:28
Lauf	5.00	27:36	10.87	19	6:30	147	10:31	25.50	1:21:55	18.31	27	20:14	207	24:17