



5. Lorsche Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Ruhs, Mirko

Total time: 1:06:50

Club: Heppenheim

Number: 213

Course: 25.50 km

Rank in course/Total: 29 (of 379)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 28 (of 290)

Best time in course: 57:38

Category:

Rank in category: 3(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:06:50	4.49	32	45:44	269	49:45	25.50	1:06:50	22.44	3	5:09	28	9:12