



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Fries, Roland

Total time: 1:20:31

Club: Seeheim-Jugenheim

Number: 191

Course: 25.50 km

Rank in course/Total: 225 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 193 (of 290)

Best time in course: 57:38

Category:

Rank in category: 39(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	10:39	0.00	26	3:04	90	3:47	0.50	10:39	0.00	50	0:20	250	3:17
Rad	20.00	43:06	27.84	32	8:04	157	9:43	20.50	53:45	22.33	47	6:15	231	6:54
Lauf	5.00	26:46	11.21	26	6:47	121	9:41	25.50	1:20:31	18.63	39	18:05	193	22:53