



5. Lorsche Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Binder, Friedhelm

Total time: 1:24:52

Club: Bad Dürkheim

Number: 196

Course: 25.50 km

Rank in course/Total: 285 (of 379)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 234 (of 290)

Best time in course: 57:38

Category:

Rank in category: 14(of 18)

Senioren 3 (TM 50-54)

Best time in the category: 1:07:40

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	12:33	2.39	9	4:36	178	5:41	0.50	12:33	2.39	15	4:36	250	5:11
Rad	20.00	43:53	27.35	10	8:29	169	10:30	20.50	56:26	21.80	14	8:18	231	9:35
Lauf	5.00	28:26	10.55	7	7:13	161	11:21	25.50	1:24:52	18.03	14	17:12	235	27:14