



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Sprachmann, Steffen

Total time: 1:13:07

Club: Haßloch

Number: 298

Course: 25.50 km

Rank in course/Total: 105 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 98 (of 290)

Best time in course: 57:38

Category:

Rank in category: 19(of 62)

Senioren 1 (TM 40-44)

Best time in the category: 1:01:29

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	12:51	0.00	44	5:29	192	5:59	0.50	12:51	0.00	56	1:38	250	5:29
Rad	20.00	37:59	31.59	13	2:49	50	4:36	20.50	50:50	23.61	53		231	3:59
Lauf	5.00	22:17	13.46	4	0:32	23	5:12	25.50	1:13:07	20.52	19	11:38	98	15:29