



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Langstrof, Christian

Total time: 1:14:54

Club: proCtec

Number: 259

Course: 25.50 km

Rank in course/Total: 130 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 120 (of 290)

Best time in course: 57:38

Category:

Rank in category: 15(of 32)

männl. AK 2 (TM 25-29)

Best time in the category: 1:01:28

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	9:20	3.21	3	1:07	34	2:28	0.50	9:20	3.21	19		250	1:58
Rad	20.00	41:10	29.15	16	4:40	111	7:47	20.50	50:30	24.36	20		231	3:39
Lauf	5.00	24:24	12.30	10	2:55	61	7:19	25.50	1:14:54	20.43	15	13:26	120	17:16