



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Liffler, Gerhard

Total time: 1:35:52

Club: SRC Viernheim

Number: 237

Course: 25.50 km

Rank in course/Total: 357 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 279 (of 290)

Best time in course: 57:38

Category:

Rank in category: 10(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:12:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Schwimmen	0.50	11:39	0.00	3	1:39	135	4:47	0.50	11:39	0.00	11	1:39	250	4:17	
Rad	20.00	47:53	25.06	9	10:03	212	14:30	20.50	59:32	20.16	10	8:46	231	12:41	
Lauf	5.00	36:20	8.26	9	11:22	225	19:15	25.50	1:35:52	15.65	10	22:53	280	38:14	