



5. Lorsche Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Knaak, Martin

Total time: 1:18:29

Club: Bensheim

Number: 241

Course: 25.50 km

Rank in course/Total: 189 (of 379)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 169 (of 290)

Best time in course: 57:38

Category:

Rank in category: 9(of 12)

männl. AK 1 (TM 20-24)

Best time in the category: 57:38

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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	52:39	22.79	8	17:20	227	19:16	20.50	52:39	23.36	9	0:18	231	5:48
Lauf	5.00	25:50	11.61	5	3:51	97	8:45	25.50	1:18:29	19.49	9	20:51	169	20:51