



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Rohde, Ralf

Total time: 1:28:44

Club: Kath. Kirchenmusikverein Lampert
Number: 300

Course: 25.50 km
Lorsch Triathlon 0,5-20-5

Rank in course/Total: 322 (of 379)

Rank in course/Men: 259 (of 290)

Best time in course: 57:38

Category:

Rank in category: 27(of 33)

Senioren 2 (TM 45.49)

Best time in the category: 1:06:16

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	10:11	2.95	5	1:15	66	3:19	0.50	10:11	2.95	32			15	2:49
Rad	20.00	44:21	27.06	19	9:21	176	10:58	20.50	54:32	22.56	26			231	7:41
Lauf	5.00	34:12	8.77	22	14:52	217	17:07	25.50	1:28:44	17.24	27	22:28	260	31:06	