



5. Lorsche Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Koch, Holger

Total time: 1:12:37

Club: Pfungstädter Brauerei

Number: 309

Course: 25.50 km

Rank in course/Total: 97 (of 379)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 91 (of 290)

Best time in course: 57:38

Category:

Rank in category: 20(of 57)

männl. AK 4 (TM 35-39)

Best time in the category: 1:02:26

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	9:14	3.25	8	1:39	31	2:22	0.50	9:14	3.25	12		250	1:52
Rad	20.00	38:49	30.91	14	3:47	68	5:26	20.50	48:03	25.60	47	0:33	231	1:12
Lauf	5.00	24:34	12.21	12	4:35	64	7:29	25.50	1:12:37	21.07	20	10:11	90	14:59