



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Heß, Ralf

Total time: 1:39:55

Club: Lorsch

Number: 380

Course: 25.50 km

Rank in course/Total: 368 (of 379)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 286 (of 290)

Best time in course: 57:38

Category:

Rank in category: 61(of 62)

Senioren 1 (TM 40-44)

Best time in the category: 1:01:29

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	14:28	2.07	51	7:06	227	7:36	0.50	14:28	2.07	56	3:15	250	7:06
Rad	20.00	50:33	23.74	50	15:23	224	17:10	20.50	1:05:01	18.92	53	6:11	231	18:10
Lauf	5.00	34:54	8.60	50	13:09	220	17:49	25.50	1:39:55	15.31	61	38:26	287	42:17