



5. Lorsch Triathlon

Lorsch / 27.07.2008

Detailed evaluation

Helfert, Michael

Club: Rono Racing Team

Number: 5

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:24:28

Rank in course/Total: 274 (of 379)

Rank in course/Men: 228 (of 290)

Best time in course: 57:38

Rank in category: 46(of 57)

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.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	12:27	2.41	37	4:52	173	5:35	0.50	12:27	2.41	50	2:08	34	5:05
Rad	20.00	42:51	28.00	31	7:49	150	9:28	20.50	55:18	22.24	47	7:48	31	8:27
Lauf	5.00	29:10	10.29	38	9:11	176	12:05	25.50	1:24:28	18.11	46	22:02	229	26:50