



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Helms, Stefan

Total time: 1:10:07

Club: Biblis-Nordheim

Number: 45

Course: 25.50 km

Rank in course/Total: 67 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 63 (of 240)

Best time in course: 57:33

Category:

Rank in category: 8(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:05:32

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	8:45	3.43	2	0:25	11	1:10	0.50	8:45	3.43	24		1	-
Rad	20.00	38:33	31.13	2	1:16	16	2:44	20.50	47:18	26.00	23		3	
Lauf	5.00	22:49	13.15	7	2:44	35	3:26	25.50	1:10:07	21.82	8	4:35	63	12:34