



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 km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind		Pos Men	Behind Men
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men		
Schwimmen	0.50	8:45	0.00	2	0:25	11	1:10	0.50	8:45	0.00	24			1	-
Rad	20.00	38:33	31.13	2	1:16	16	2:44	20.50	47:18	25.37	23			3	
Lauf	5.00	22:49	13.15	7	2:44	35	3:26	25.50	1:10:07	21.39	8	4:35		63	12:34