



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Pfenning, Alf

Total time: 1:27:40

Club: Viernheim

Number: 101

Course: 25.50 km

Rank in course/Total: 264 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 206 (of 240)

Best time in course: 57:33

Category:

Rank in category: 42(of 49)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:31

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	11:56	0.00	19	3:58	100	4:21	0.50	11:56	0.00	29	0:53	155	3:11
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:15:44	3.96	42	56:18	220	56:21	25.50	1:27:40	17.11	42	27:09	206	30:07