



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Hansen, Helge

Total time: 1:15:57

Club: Heidelberger TV

Number: 148

Course: 25.50 km

Rank in course/Total: 126 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 116 (of 240)

Best time in course: 57:33

Category:

Rank in category: 23(of 49)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:31

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	12:24	0.00	21	4:26	117	4:49	0.50	12:24	0.00	29	1:21	155	3:39
Rad	20.00	40:56	29.32	8	5:02	39	5:07	20.50	53:20	22.50	27	1:13	135	5:43
Lauf	5.00	22:37	13.26	8	3:11	29	3:14	25.50	1:15:57	19.75	23	15:26	116	18:24