



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Grabow, Ruth

Total time: 1:59:02

Club: SV 1911 Traisa

Number: 89

Course: 25.50 km

Rank in course/Total: 321 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 81 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 1(of 1)

Seniorinnen 8 (TW 75 -79)

Best time in the category: 1:59:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	1:17:01	15.58	1	-	50	39:12	20.50	1:17:01	15.58	1	-	51	11:29
Lauf	5.00	42:01	7.14	1	-	49	19:29	25.50	1:59:02	12.60	1	-	81	54:33