



# 6. Lorsch Triathlon

Lorsch / 02.08.2009

## Detailed evaluation

Gröschel, Joachim

Total time: 1:19:32

Club: SG Poseidon Eppelheim

Number: 178

Course: 25.50 km

Rank in course/Total: 172 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 147 (of 240)

Best time in course: 57:33

Category:

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:54	0.00	11	2:56	60	3:19	0.50	10:54	0.00	29		155	2:09
Rad	20.00	44:10	27.17	14	8:16	74	8:21	20.50	55:04	21.79	27	2:57	135	7:27
Lauf	5.00	24:28	12.26	13	5:02	64	5:05	25.50	1:19:32	18.86	29	19:01	147	21:59