



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Grunenberg, Ute

Club: Leimen - St. Ilgen

Number: 151

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Seniorinnen 1 (TW 40-44)

Total time: 1:19:41

Rank in course/Total: 176 (of 322)

Rank in course/Women: 27 (of 82)

Best time in course: 1:04:29

Rank in category: 5(of 17)

Best time in the category: 1:16:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women
Schwimmen	0.50	11:00	0.00	7	1:36	12	3:15	0.50	11:00	0.00	14	0:44	53
Rad	20.00	43:50	27.38	3	0:50	9	6:01	20.50	54:50	21.88	14	0:52	51
Lauf	5.00	24:51	12.07	5	2:06	10	2:19	25.50	1:19:41	18.82	5	3:36	27 15:12