



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ruhs, Mirko

Total time: 1:05:32

Club: TV Heppenheim

Number: 218

Course: 25.50 km

Rank in course/Total: 23 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 21 (of 240)

Best time in course: 57:33

Category:

Rank in category: 1(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:05:32

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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:05:32	4.58	25	45:27	170	46:09	25.50	1:05:32	22.89	1	-	21	7:59