



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Koch, Holger

Total time: 1:13:12

Club: Pfungstädter Brauerei

Number: 33

Course: 25.50 km

Rank in course/Total: 96 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 89 (of 240)

Best time in course: 57:33

Category:

Rank in category: 25(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	8:59	0.00	4	1:24	15	1:24	0.50	8:59	0.00	30		4	0:14
Rad	20.00	41:32	28.89	14	5:43	45	5:43	20.50	50:31	23.75	26	2:26	6	2:54
Lauf	5.00	22:41	13.23	4	2:05	30	3:18	25.50	1:13:12	20.49	25	15:31	89	15:39