



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Bender, Michael

Total time: 1:27:35

Club: Eschborn

Number: 160

Course: 25.50 km

Rank in course/Total: 261 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 204 (of 240)

Best time in course: 57:33

Category:

Rank in category: 6(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:15:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	12:54	2.33	7	3:51	127	5:19	0.50	12:54	2.33	10	0:52	155	4:09
Rad	20.00	48:46	24.61	6	9:33	109	12:57	20.50	1:01:40	19.95	9	3:38	135	14:03
Lauf	5.00	25:55	11.58	4	2:25	82	6:32	25.50	1:27:35	17.47	6	12:30	204	30:02