



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Cop, Fryderyk

Total time: 1:14:35

Club: TRIA Leierhans

Number: 206

Course: 25.50 km

Rank in course/Total: 112 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 103 (of 240)

Best time in course: 57:33

Category:

Rank in category: 7(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:26

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	1:14:35	4.02	14	53:11	218	55:12	25.50	1:14:35	20.11	7	12:09	102	17:02