



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Grottke, Norbert

Total time: 1:16:11

Club: SKG Sprendlingen Triathlon

Number: 219

Course: 25.50 km

Rank in course/Total: 130 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 119 (of 240)

Best time in course: 57:33

Category:

Rank in category: 31(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 km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	9:25	0.00	7	1:50	24	1:50	0.50	9:25	0.00	30		155	0:40
Rad	20.00	43:14	27.76	17	7:25	63	7:25	20.50	52:39	22.79	26	4:34	135	5:02
Lauf	5.00	23:32	12.75	9	2:56	45	4:09	25.50	1:16:11	19.69	31	18:30	119	18:38