



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Pohle, Rolando

Total time: 1:18:47

Club: TC-Chaos Viernheim

Number: 226

Course: 25.50 km

Rank in course/Total: 159 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 140 (of 240)

Best time in course: 57:33

Category:

Rank in category: 25(of 49)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:31

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	11:03	0.00	13	3:05	67	3:28	0.50	11:03	0.00	1	-	155	2:18
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:07:44	4.43	37	48:18	186	48:21	25.50	1:18:47	19.04	25	18:16	140	21:14