



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Hennig, Frank

Total time: 1:19:19

Club: Lorsch

Number: 229

Course: 25.50 km

Rank in course/Total: 167 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 144 (of 240)

Best time in course: 57:33

Category:

Rank in category: 22(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:05:32

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	11:07	0.00	16	2:47	70	3:32	0.50	11:07	0.00	1	-	155	2:22
Rad	20.00	44:24	27.03	15	7:07	82	8:35	20.50	55:31	21.62	1	-	135	7:54
Lauf	5.00	23:48	12.61	10	3:43	52	4:25	25.50	1:19:19	18.91	22	13:47	144	21:46