



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Liffler, Gerhard

Club: SRC-Viernheim

Number: 182

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 5 (TM 60-64)

Total time: 1:40:42

Rank in course/Total: 316 (of 322)

Rank in course/Men: 238 (of 240)

Best time in course: 57:33

Rank in category: 10(of 10)

Best time in the category: 1:15:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:05	0.00	4	3:02	108	4:30	0.50	12:05	0.00	10	0:03	155	3:20
Rad	20.00	52:30	22.86	7	13:17	119	16:41	20.50	1:04:35	18.58	9	6:33	135	16:58
Lauf	5.00	36:07	8.31	8	12:37	134	16:44	25.50	1:40:42	14.90	10	25:37	238	43:09