



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Mairon, Holger

Total time: 1:22:27

Club: Mühlhausen

Number: 204

Course: 25.50 km

Rank in course/Total: 207 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 170 (of 240)

Best time in course: 57:33

Category:

Rank in category: 28(of 38)

Senioren 1 (TM 40-44)

Best time in the category: 57:33

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	10:52	0.00	8	2:14	59	3:17	0.50	10:52	0.00	27		155	2:07
Rad	20.00	44:31	26.96	15	7:03	83	8:42	20.50	55:23	21.67	14	3:08	135	7:46
Lauf	5.00	27:04	11.08	19	7:41	95	7:41	25.50	1:22:27	18.19	28	24:54	170	24:54