



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Hildebrand, Karl-Heinz

Total time: 1:22:39

Club: Heppenheim

Number: 237

Course: 25.50 km

Rank in course/Total: 208 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 171 (of 240)

Best time in course: 57:33

Category:

Rank in category: 3(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:15:05

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	12:09	0.00	5	3:06	110	4:34	0.50	12:09	0.00	10	0:07	155	3:24
Rad	20.00	42:03	28.54	2	2:50	52	6:14	20.50	54:12	22.14	9		135	6:35
Lauf	5.00	28:27	10.54	5	4:57	106	9:04	25.50	1:22:39	18.15	3	7:34	171	25:06