



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Rohde, Ralf

Total time: 1:25:06

Club: Kath. Kirchenmusikverein Lampertheim

Number: 238

Course: 25.50 km

Rank in course/Total: 237 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 188 (of 240)

Best time in course: 57:33

Category:

Rank in category: 39(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	10:06	0.00	7	2:08	39	2:31	0.50	10:06	0.00	12		155	1:21
Rad	20.00	44:17	27.10	15	8:23	76	8:28	20.50	54:23	22.07	11	2:16	135	6:46
Lauf	5.00	30:43	9.77	22	11:17	120	11:20	25.50	1:25:06	17.63	39	24:35	188	27:33