



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Rauh, Alexander

Total time: 1:28:09

Club: Weinheim

Number: 235

Course: 25.50 km

Rank in course/Total: 270 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 211 (of 240)

Best time in course: 57:33

Category:

Rank in category: 45(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

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	10:57	0.00	15	3:22	62	3:22	0.50	10:57	0.00	30	1:10	155	2:12
Rad	20.00	50:12	23.90	25	14:23	112	14:23	20.50	1:01:09	19.62	26	13:04	135	13:32
Lauf	5.00	27:00	11.11	22	6:24	93	7:37	25.50	1:28:09	17.02	45	30:28	211	30:36