



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Friedrich, Kai

Total time: 1:09:11

Club: Seeheim

Number: 272

Course: 25.50 km

Rank in course/Total: 57 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 53 (of 240)

Best time in course: 57:33

Category:

Rank in category: 7(of 32)

männl. AK 3 (TM 30-34)

Best time in the category: 1:05:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	8:50	0.00	3	0:30	12	1:15	0.50	8:50	0.00	24		155	0:05
Rad	20.00	38:59	30.78	5	1:42	21	3:10	20.50	47:49	25.10	23		135	0:12
Lauf	5.00	21:22	14.04	3	1:17	15	1:59	25.50	1:09:11	21.68	7	3:39	52	11:38