



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Bork, Stefan

Total time: 1:33:18

Club: Lorsch

Number: 230

Course: 25.50 km

Rank in course/Total: 299 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 228 (of 240)

Best time in course: 57:33

Category:

Rank in category: 29(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	11:41	0.00	18	3:21	93	4:06	0.50	11:41	0.00	9	0:34	155	2:56
Rad	20.00	48:29	24.75	18	11:12	106	12:40	20.50	1:00:10	19.94	9	4:39	135	12:33
Lauf	5.00	33:08	9.05	22	13:03	126	13:45	25.50	1:33:18	16.08	29	27:46	228	35:45