



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 |