



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ihrig, Marion

Total time: 1:19:07

Club: Tsv Höchst ODW

Number: 260

Course: 25.50 km

Rank in course/Total: 164 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Women: 22 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 2(of 11)

Seniorinnen 2 TW 45-49)

Best time in the category: 1:18:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	11:42	0.00	4	0:30	25	3:57	0.50	11:42	0.00	10	0:30	13	0:14
Rad	20.00	44:53	26.74	3	1:23	17	7:04	20.50	56:35	21.21	10		10	
Lauf	5.00	22:32	13.31	1	-	1	-	25.50	1:19:07	18.96	2	0:35	21	14:38