



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ruff, Jürgen

Total time: 1:18:30

Club: SAP AG

Number: 3

Course: 25.50 km

Rank in course/Total: 154 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 136 (of 240)

Best time in course: 57:33

Category:

Rank in category: 19(of 38)

Senioren 1 (TM 40-44)

Best time in the category: 57:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	11:05	0.00	9	2:27	68	3:30	0.50	11:05	0.00	27		11	2:20
Rad	20.00	44:38	26.89	16	7:10	84	8:49	20.50	55:43	21.54	28	3:28	13	8:06
Lauf	5.00	22:47	13.17	7	3:24	33	3:24	25.50	1:18:30	19.11	19	20:57	136	20:57