



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Daab, Günter

Club: TV Nidda

Number: 318

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 3 (TM 50-54)

Total time: 1:14:10

Rank in course/Total: 108 (of 322)

Rank in course/Men: 100 (of 240)

Best time in course: 57:33

Rank in category: 9(of 19)

Best time in the category: 1:05:16

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	10:10	2.95	4	0:34	43	2:35	0.50	10:10	2.95	13		155	1:25
Rad	20.00	41:52	28.66	3	4:33	49	6:03	20.50	52:02	23.64	9	4:31	135	4:25
Lauf	5.00	22:08	13.55	1	-	24	2:45	25.50	1:14:10	20.63	9	8:54	100	16:37