



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Binder, Friedhelm

Total time: 1:14:33

Club: Bad Dürkheim

Number: 305

Course: 25.50 km

Rank in course/Total: 110 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 101 (of 240)

Best time in course: 57:33

Category:

Rank in category: 10(of 19)

Senioren 3 (TM 50-54)

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	12:07	0.00	8	2:31	109	4:32	0.50	12:07	0.00	13	1:10	155	3:22
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:02:26	4.81	11	40:18	155	43:03	25.50	1:14:33	20.12	10	9:17	101	17:00