



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 km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	12:07	2.48	8	2:31	109	4:32	0.50	12:07	2.48	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	20.52	10	9:17	101	17:00