



# 6. Lorsche Triathlon

Lorsch / 02.08.2009

## Detailed evaluation

**Kissel, Ralf**

**Total time: 1:16:36**

Club: Zwingenberg

Number: 312

Course: 25.50 km

Rank in course/Total: 139 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 124 (of 240)

Best time in course: 57:33

Category:

Rank in category: 33(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	9:14	0.00	5	1:39	19	1:39	0.50	9:14	0.00	30		155	0:29
Rad	20.00	41:42	28.78	15	5:53	48	5:53	20.50	50:56	23.56	26	2:51	135	3:19
Lauf	5.00	25:40	11.69	19	5:04	80	6:17	25.50	1:16:36	19.58	33	18:55	124	19:03