



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Lammers, John

Total time: 1:20:46

Club: Lorsch

Number: 322

Course: 25.50 km

Rank in course/Total: 190 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 158 (of 240)

Best time in course: 57:33

Category:

Rank in category: 37(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	km/h	Pos	Behind	Pos				
Schwimmen	0.50	12:17	0.00	25	4:42	114	4:42	0.50	12:17	0.00	30	2:30	155	3:32			
Rad	20.00	44:16	27.11	21	8:27	75	8:27	20.50	56:33	21.22	26	8:28	135	8:56			
Lauf	5.00	24:13	12.39	14	3:37	60	4:50	25.50	1:20:46	18.57	37	23:05	158	23:13			