



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ludwig, Ralf

Club: Bickenbach

Number: 331

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:21:03

Rank in course/Total: 194 (of 322)

Rank in course/Men: 161 (of 240)

Best time in course: 57:33

Rank in category: 25(of 38)

Best time in the category: 57:33

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	12:09	0.00	18	3:31	110	4:34	0.50	12:09	0.00	27		155	3:24
Rad	20.00	43:27	27.62	11	5:59	65	7:38	20.50	55:36	21.58	28	3:21	135	7:59
Lauf	5.00	25:27	11.79	15	6:04	77	6:04	25.50	1:21:03	18.51	25	23:30	161	23:30