



# 6. Lorsch Triathlon

Lorsch / 02.08.2009

## Detailed evaluation

Heim, Michael

Total time: 1:22:42

Club: SSG Bensheim

Number: 335

Course: 25.50 km

Rank in course/Total: 210 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 172 (of 240)

Best time in course: 57:33

Category:

Rank in category: 29(of 38)

Senioren 1 (TM 40-44)

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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:08	2.96	5	1:30	41	2:33	0.50	10:08	2.96	27		155	1:23
Rad	20.00	45:56	26.12	17	8:28	93	10:07	20.50	56:04	21.94	28	3:49	135	8:27
Lauf	5.00	26:38	11.26	17	7:15	87	7:15	25.50	1:22:42	18.50	29	25:09	172	25:09