



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ladner, Wolfgang

Total time: 1:19:29

Club: TSG Maxdorf

Number: 29

Course: 25.50 km

Rank in course/Total: 170 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 146 (of 240)

Best time in course: 57:33

Category:

Rank in category: 11(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:26

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	12:11	0.00	4	1:43	113	4:36	0.50	12:11	0.00	1	-	13	3:26
Rad	20.00	41:39	28.81	2	0:43	46	5:50	20.50	53:50	22.29	3	5:12	15	6:13
Lauf	5.00	25:39	11.70	4	4:15	78	6:16	25.50	1:19:29	18.87	11	17:03	146	21:56