



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ladner, Wolfgang

Club: TSG Maxdorf

Number: 29

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 4 (TM 55-59)

Total time: 1:19:29

Rank in course/Total: 170 (of 322)

Rank in course/Men: 146 (of 240)

Best time in course: 57:33

Rank in category: 11(of 19)

Best time in the category: 1:02:26

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	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