



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Göckel, Ralf

Total time: 1:09:34

Club: StartNet Team DSW Darmstadt

Number: 352

Course: 25.50 km

Rank in course/Total: 58 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 54 (of 240)

Best time in course: 57:33

Category:

Rank in category: 14(of 49)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:31

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	12:53	0.00	24	4:55	126	5:18	0.50	12:53	0.00	29	1:50	155	4:08
Rad	20.00	37:05	32.36	2	1:11	3	1:16	20.50	49:58	24.02	27		135	2:21
Lauf	5.00	19:36	15.31	2	0:10	4	0:13	25.50	1:09:34	21.56	14	9:03	54	12:01