



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Nassau, Jörg

Club: Riedstadt

Number: 362

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:09:38

Rank in course/Total: 59 (of 322)

Rank in course/Men: 55 (of 240)

Best time in course: 57:33

Rank in category: 14(of 46)

Best time in the category: 57:41

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	7:35	0.00	1	-	1	-	0.50	7:35	0.00	30			155
Rad	20.00	38:34	31.11	7	2:45	17	2:45	20.50	46:09	26.00	26			135
Lauf	5.00	23:29	12.78	8	2:53	43	4:06	25.50	1:09:38	21.54	14	11:57	55	12:05