



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Samstag, Christoph

Club: Bensheim

Number: 320

Course: 25.50 km

Lorsche Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:31:51

Rank in course/Total: 292 (of 322)

Rank in course/Men: 225 (of 240)

Best time in course: 57:33

Rank in category: 37(of 38)

Best time in the category: 57:33

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	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	56:22	21.29	26	18:54	130	20:33	20.50	56:22	21.29	28	4:07	135	8:45
Lauf	5.00	35:29	8.45	27	16:06	132	16:06	25.50	1:31:51	16.33	37	34:18	225	34:18