



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Glöckner, Mike

Total time: 1:13:12

Club: Spiridon Frankfurt

Number: 386

Course: 25.50 km

Rank in course/Total: 98 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 90 (of 240)

Best time in course: 57:33

Category:

Rank in category: 26(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Schwimmen	0.50	11:49	0.00	21	4:14	99	4:14	0.50	11:49	0.00	30	2:02	155	3:04				
Rad	20.00	38:00	31.58	3	2:11	11	2:11	20.50	49:49	24.09	26	1:44	135	2:12				
Lauf	5.00	23:23	12.83	7	2:47	42	4:00	25.50	1:13:12	20.49	25	15:31	89	15:39				