



# 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<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total |         | Total |     | Total  |     | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |                |            |               |        |