



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Hechler, Heike

Total time: 1:16:27

Club: TV Hergershausen

Number: 350

Course: 25.50 km

Rank in course/Total: 134 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 13 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 5(of 13)

weibl. AK 4 (TW 35-39)

Best time in the category: 1:04:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking					
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women
Schwimmen	0.50	11:01	0.00	3	3:16	13	3:16	0.50	11:01	0.00	8	0:07	53
Rad	20.00	42:05	28.51	2	4:16	3	4:16	20.50	53:06	22.60	7		51
Lauf	5.00	23:21	12.85	2	0:42	5	0:49	25.50	1:16:27	19.62	5	11:58	13 11:58