



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Heinz, Thomas

Total time: 1:20:14

Club: Neureuther-Automobile

Number: 372

Course: 25.50 km

Rank in course/Total: 183 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 154 (of 240)

Best time in course: 57:33

Category:

Rank in category: 23(of 38)

Senioren 1 (TM 40-44)

Best time in the category: 57:33

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				
Schwimmen	0.50	12:23	0.00	19	3:45	116	4:48	0.50	12:23	0.00	27			155	3:38		
Rad	20.00	43:20	27.69	10	5:52	64	7:31	20.50	55:43	21.54	28	3:28	13	8:06			
Lauf	5.00	24:31	12.24	12	5:08	65	5:08	25.50	1:20:14	18.70	23	22:41	154	22:41			