



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Roth, Rüdiger

Club: Dettenheim

Number: 384

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

männl. AK 4 (TM 35-39)

Total time: 1:24:28

Rank in course/Total: 231 (of 322)

Rank in course/Men: 186 (of 240)

Best time in course: 57:33

Rank in category: 40(of 46)

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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:02	0.00	23	4:27	105	4:27	0.50	12:02	0.00	30	2:15	16	3:17
Rad	20.00	45:15	26.52	23	9:26	89	9:26	20.50	57:17	20.95	26	9:12	135	9:40
Lauf	5.00	27:11	11.04	23	6:35	96	7:48	25.50	1:24:28	17.76	40	26:47	186	26:55