



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Fluck, Heike

Total time: 1:24:33

Club: Frankfurt

Number: 7

Course: 25.50 km

Rank in course/Total: 233 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Women: 47 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 12(of 17)

Seniorinnen 1 (TW 40-44)

Best time in the category: 1:16:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	fehlt!	-	-	-	-	-	0.50	-	-	-	-	-	-
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:24:33	3.55	17	1:01:48	80	1:02:01	25.50	1:24:33	17.74	12	8:28	47	20:04