



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Seyfried, Sandra

Total time: 1:31:27

Club: SAP AG

Number: 1

Course: 25.50 km

Rank in course/Total: 288 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 67 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 10(of 11)

weibl. AK 3 (TW 30-34)

Best time in the category: 1:10:27

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	Behind Women
Schwimmen	0.50	11:19	0.00	4	2:52	20	3:34	0.50	11:19	0.00	1	-	53	
Rad	20.00	47:07	25.47	6	4:45	33	9:18	20.50	58:26	20.54	1	-	51	
Lauf	5.00	33:01	9.09	7	9:21	47	10:29	25.50	1:31:27	16.40	10	21:00	67	26:58