



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Grael, Rebecca

Total time: 1:23:35

Club: Frankfurt

Number: 72

Course: 25.50 km

Rank in course/Total: 219 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 42 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 7(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	8:27	0.00	1	-	2	0:42	0.50	8:27	0.00	8			53
Rad	20.00	46:46	25.66	4	4:24	30	8:57	20.50	55:13	21.73	8			51
Lauf	5.00	28:22	10.58	5	4:42	29	5:50	25.50	1:23:35	17.95	7	13:08	42	19:06