



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Rühl, Ramona

Total time: 1:28:20

Club: SKG Sprendlingen

Number: 60

Course: 25.50 km

Rank in course/Total: 272 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 61 (of 82)

Best time in course: 1:04:29

Category:

Rank in category: 9(of 12)

weibl. AK 2 (TW 25-29)

Best time in the category: 1:12:40

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	13:40	0.00	7	2:42	46	5:55	0.50	13:40	0.00	3	2:42	53	2:12
Rad	20.00	46:53	25.60	3	1:48	32	9:04	20.50	1:00:33	19.82	2	3:22	51	
Lauf	5.00	27:47	10.80	2	1:09	24	5:15	25.50	1:28:20	16.98	9	15:40	61	23:51