



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Spitzer, Ingo

Club: TCEC Mainz

Number: 114

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 1 (TM 40-44)

Total time: 1:09:11

Rank in course/Total: 56 (of 322)

Rank in course/Men: 52 (of 240)

Best time in course: 57:33

Rank in category: 8(of 38)

Best time in the category: 57:33

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	11:10	0.00	10	2:32	72	3:35	0.50	11:10	0.00	27		155	2:25
Rad	20.00	38:38	31.06	2	1:10	18	2:49	20.50	49:48	24.10	28		135	2:11
Lauf	5.00	19:23	15.48	1	-	1	-	25.50	1:09:11	21.68	8	11:38	52	11:38