



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Friederich, Christian

Total time: 1:15:16

Club: SV Eintracht Hitzerode

Number: 129

Course: 25.50 km

Rank in course/Total: 116 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 106 (of 220)

Best time in course: 58:13

Category:

Rank in category: 11(of 13)

männl. AK 2 (TM 25-29)

Best time in the category: 59:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	12:20	0.00	11	4:41	152	5:09	0.50	12:20	0.00	14	2:51	220	3:55
Schwimmen Total	0.50	12:20												
Rad	20.00	39:51	30.11	10	5:39	77	6:40	20.50	52:11	23.00	14	6:32	219	9:04
Rad Total	20.00	39:51												
Lauf	5.00	23:05	13.00	11	6:01	125	12:56	25.50	1:15:16	19.93	11	15:21	114	17:03
Lauf Total	25.00	1:15:16												