



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Ladner, Dr. Wolfgang

Total time: 1:17:32

Club: TSG Maxdorf

Number: 139

Course: 25.50 km

Rank in course/Total: 135 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 124 (of 220)

Best time in course: 58:13

Category:

Rank in category: 7(of 15)

Senioren 4 (TM 55-59)

Best time in the category: 1:01:57

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	12:33	0.00	10	4:23	162	5:22	0.50	12:33	0.00	16	3:05	220	4:08
Schwimmen Total	0.50	12:33												
Rad	20.00	41:51	28.67	6	7:12	121	8:40	20.50	54:24	22.06	15	5:06	219	11:17
Rad Total	20.00	41:51												
Lauf	5.00	23:08	12.97	8	4:00	127	12:59	25.50	1:17:32	19.35	7	15:35	133	19:19
Lauf Total	25.00	1:17:32												