



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Kissel, Ralf

Total time: 1:14:25

Club: Schwimmflügel Zwingenberg

Number: 149

Course: 25.50 km

Rank in course/Total: 106 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 100 (of 220)

Best time in course: 58:13

Category:

Rank in category: 22(of 45)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:11

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	9:21	0.00	10	1:47	40	2:10	0.50	9:21	0.00	46		220	0:56
Schwimmen Total	0.50	9:21												
Rad	20.00	42:17	28.38	29	8:58	128	9:06	20.50	51:38	23.24	46		219	8:31
Rad Total	20.00	42:17												
Lauf	5.00	22:47	13.17	25	12:38	117	12:38	25.50	1:14:25	20.16	23	14:14	108	16:12
Lauf Total	25.00	1:14:25												