



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Cop, Fryderyk

Total time: 1:15:18

Club: Tria Leierhans

Number: 186

Course: 25.50 km

Rank in course/Total: 117 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 107 (of 220)

Best time in course: 58:13

Category:

Rank in category: 6(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	10:41	0.00	5	2:31	90	3:30	0.50	10:41	0.00	16	1:13	220	2:16
Schwimmen Total	0.50	10:41												
Rad	20.00	42:25	28.29	8	7:46	131	9:14	20.50	53:06	22.60	15	3:48	219	9:59
Rad Total	20.00	42:25												
Lauf	5.00	22:12	13.51	5	3:04	103	12:03	25.50	1:15:18	19.92	6	13:21	115	17:05
Lauf Total	25.00	1:15:18												