



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Jung, Heiko

Club: TSG Bad König

Number: 162

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Senioren 2 (TM 45.49)

Total time: 1:16:11

Rank in course/Total: 126 (of 294)

Rank in course/Men: 116 (of 220)

Best time in course: 58:13

Rank in category: 17(of 31)

Best time in the category: 1:00:58

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	11:05	0.00	15	3:06	105	3:54	0.50	11:05	0.00	32		220	2:40
Schwimmen Total	0.50	11:05												
Rad	20.00	42:06	28.50	18	7:24	127	8:55	20.50	53:11	22.56	32		219	10:04
Rad Total	20.00	42:06												
Lauf	5.00	23:00	13.04	17	12:37	121	12:51	25.50	1:16:11	19.69	19	15:13	124	17:58
Lauf Total	25.00	1:16:11												