



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Liffler, Gerhard

Total time: 1:43:15

Club: SRC-Viernheim

Number: 106

Course: 25.50 km

Rank in course/Total: 281 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 207 (of 220)

Best time in course: 58:13

Category:

Rank in category: 7(of 7)

Senioren 5 (TM 60-64)

Best time in the category: 1:16:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos	Behind	Pos	Behind	Total km	Total Time	Total km/h	Pos	Behind	Pos	Behind
				Cat.	Cat.	Men	Men				Cat.	Cat.	Men	Men
Schwimmen	0.50	12:01	0.00	2	1:46	143	4:50	0.50	12:01	0.00	8	1:46	220	3:36
Schwimmen Total	0.50	12:01												
Rad	20.00	54:53	21.86	7	16:05	218	21:42	20.50	1:06:54	17.94	8	17:51	219	23:47
Rad Total	20.00	54:53												
Lauf	5.00	36:21	8.25	7	12:42	217	26:12	25.50	1:43:15	14.53	7	26:53	216	45:02
Lauf Total	25.00	1:43:15												