



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Ludwig, Ralf

Total time: 1:25:11

Club: Zwingenberg

Number: 150

Course: 25.50 km

Rank in course/Total: 219 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 175 (of 220)

Best time in course: 58:13

Category:

Rank in category: 40(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	12:22	0.00	35	4:48	156	5:11	0.50	12:22	0.00	46		220	3:57
Schwimmen Total	0.50	12:22												
Rad	20.00	49:16	24.36	43	15:57	199	16:05	20.50	1:01:38	19.47	46	8:12	219	18:31
Rad Total	20.00	49:16												
Lauf	5.00	23:33	12.74	29	13:24	136	13:24	25.50	1:25:11	17.61	41	25:00	184	26:58
Lauf Total	25.00	1:25:11												