



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Nassau, Jörg

Total time: 1:12:47

Club: Riedstadt

Number: 221

Course: 25.50 km

Rank in course/Total: 76 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 74 (of 220)

Best time in course: 58:13

Category:

Rank in category: 16(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	7:34	0.00	1	-	3	0:23	0.50	7:34	0.00	46		220	
Schwimmen Total	0.50	7:34												
Rad	20.00	39:52	30.10	17	6:33	78	6:41	20.50	47:26	25.30	46		219	4:19
Rad Total	20.00	39:52												
Lauf	5.00	25:21	11.83	39	15:12	172	15:12	25.50	1:12:47	20.61	17	12:36	81	14:34
Lauf Total	25.00	1:12:47												