



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Lammer, Oliver

Total time: 1:13:26

Club: TTV Topspin Lorsch

Number: 18

Course: 25.50 km

Rank in course/Total: 89 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 84 (of 220)

Best time in course: 58:13

Category:

Rank in category: 20(of 35)

männl. AK 4 (TM 35-39)

Best time in the category: 59:10

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	11:12	0.00	24	4:01	108	4:01	0.50	11:12	0.00	36		17	2:47
Schwimmen Total	0.50	11:12												
Rad	20.00	40:27	29.67	18	7:16	87	7:16	20.50	51:39	23.23	36		17	8:32
Rad Total	20.00	40:27												
Lauf	5.00	21:47	13.77	20	4:14	92	11:38	25.50	1:13:26	20.43	20	14:16	91	15:13
Lauf Total	25.00	1:13:26												