



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Sellenk, Marco

Total time: 1:17:59

Club: Frankfurt

Number: 205

Course: 25.50 km

Rank in course/Total: 140 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 128 (of 220)

Best time in course: 58:13

Category:

Rank in category: 27(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	11:33	0.00	27	3:59	126	4:22	0.50	11:33	0.00	46		220	3:08
Schwimmen Total	0.50	11:33												
Rad	20.00	41:14	29.10	25	7:55	107	8:03	20.50	52:47	22.73	46		23	9:40
Rad Total	20.00	41:14												
Lauf	5.00	25:12	11.90	37	15:03	170	15:03	25.50	1:17:59	19.23	28	17:48	137	19:46
Lauf Total	25.00	1:17:59												