



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Palizynski, Mike

Total time: 1:12:06

Club: Worms

Number: 264

Course: 25.50 km

Rank in course/Total: 66 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 64 (of 220)

Best time in course: 58:13

Category:

Rank in category: 12(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	13:29	0.00	42	5:55	186	6:18	0.50	13:29	0.00	1	-	220	5:04
Schwimmen Total	0.50	13:29												
Rad	20.00	39:57	30.04	18	6:38	81	6:46	20.50	53:26	22.46	1	-	219	10:19
Rad Total	20.00	39:57												
Lauf	5.00	18:40	16.07	6	8:31	29	8:31	25.50	1:12:06	20.80	13	11:55	71	13:53
Lauf Total	25.00	1:12:06												