



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Pomowski, Christian

Total time: 1:13:02

Number: 325

Rank in course/Total: 83 (of 294)

Enduro E Bike

Rank in course/Men: 79 (of 220)

Best time in course: 58:13

Category:

Rank in category: 15(of 29)

männl. AK 3 (TM 30-34)

Best time in the category: 58:13

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	11:03	0.00	15	3:35	103	3:52	0.50	11:03	0.00	30	1:49	220	2:38
Schwimmen Total	0.50	11:03												
Rad	20.00	38:49	30.91	14	5:11	60	5:38	20.50	49:52	24.06	30	5:14	219	6:45
Rad Total	20.00	38:49												
Lauf	5.00	23:10	12.95	21	11:11	129	13:01	-	1:13:02	-	15	14:49	86	14:49
Lauf Total	0.00	1:13:02												