



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Pomowski, Christian

Total time: 1:13:02

Number: 325

Course: 25.50 km

Rank in course/Total: 83 (of 294)

Lorsch Triathlon 0,5-20-5

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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
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	25.50	1:13:02	20.54	15	14:49	86	14:49				
Lauf Total	25.00	1:13:02																