



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

**Bläß, Holger**

**Total time: 1:06:07**

Club: laufundsportshop.de

Number: 307

Course: 25.50 km

Rank in course/Total: 31 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 30 (of 220)

Best time in course: 58:13

Category:

Rank in category: 8(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	9:51	0.00	14	2:40	57	2:40	0.50	9:51	0.00	36		6	1:26
Schwimmen Total	0.50	9:51												
Rad	20.00	36:08	33.21	5	2:57	22	2:57	20.50	45:59	26.10	36		219	2:52
Rad Total	20.00	36:08												
Lauf	5.00	20:08	14.90	11	2:35	54	9:59	25.50	1:06:07	22.69	8	6:57	34	7:54
Lauf Total	25.00	1:06:07												