



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Gumb, Ralph

Total time: 1:18:13

Club: SSG Bensheim

Number: 322

Course: 25.50 km

Rank in course/Total: 143 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 131 (of 220)

Best time in course: 58:13

Category:

Rank in category: 19(of 31)

Senioren 2 (TM 45.49)

Best time in the category: 1:00:58

### 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	12:02	0.00	20	4:03	144	4:51	0.50	12:02	0.00	32		28	3:37
Schwimmen Total	0.50	12:02												
Rad	20.00	43:40	27.48	22	8:58	153	10:29	20.50	55:42	21.54	32		219	12:35
Rad Total	20.00	43:40												
Lauf	5.00	22:31	13.32	16	12:08	110	12:22	25.50	1:18:13	19.18	21	17:15	140	20:00
Lauf Total	25.00	1:18:13												