



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

**Kashani, Nawid**

**Total time: 1:05:01**

Club: LSV Ladenburg

Number: 371

Course: 25.50 km

Rank in course/Total: 24 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 23 (of 220)

Best time in course: 58:13

Category:

Rank in category: 5(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	9:40	0.00	12	2:29	52	2:29	0.50	9:40	0.00	36		220	1:15
Schwimmen Total	0.50	9:40												
Rad	20.00	36:43	32.68	7	3:32	26	3:32	20.50	46:23	25.87	36		219	3:16
Rad Total	20.00	36:43												
Lauf	5.00	18:38	16.10	4	1:05	27	8:29	25.50	1:05:01	23.07	5	5:51	26	6:48
Lauf Total	25.00	1:05:01												