



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Jakobi, Ron

Total time: 1:30:06

Club: Heppenheim

Number: 309

Course: 25.50 km

Rank in course/Total: 247 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 190 (of 220)

Best time in course: 58:13

Category:

Rank in category: 13(of 13)

männl. AK 2 (TM 25-29)

Best time in the category: 59:55

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	13:08	0.00	12	5:29	178	5:57	0.50	13:08	0.00	14	3:39	220	4:43
Schwimmen Total	0.50	13:08												
Rad	20.00	52:00	23.08	13	17:48	212	18:49	20.50	1:05:08	18.42	14	19:29	219	22:01
Rad Total	20.00	52:00												
Lauf	5.00	24:58	12.02	12	7:54	166	14:49	25.50	1:30:06	16.65	13	30:11	199	31:53
Lauf Total	25.00	1:30:06												