



8. Lorsch Triathlon

Lorsch / 28.08.2011

Detailed evaluation

Held, Michael

Total time: 1:21:44

Club: Worms

Number: 15

Course: 25.50 km

Rank in course/Total: 185 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 154 (of 220)

Best time in course: 58:13

Category:

Rank in category: 20(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	45:46	26.22	25	11:04	177	12:35	20.50	57:48	20.76	32		28	14:41
Rad Total	20.00	45:46												
Lauf	5.00	23:56	12.53	21	13:33	146	13:47	25.50	1:21:44	18.35	22	20:46	163	23:31
Lauf Total	25.00	1:21:44												