



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Gall, Ralf

Total time: 1:22:07

Club: Lindenfels

Number: 3

Course: 25.50 km

Rank in course/Total: 189 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 157 (of 220)

Best time in course: 58:13

Category:

Rank in category: 36(of 45)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:11

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	12:34	0.00	37	5:00	163	5:23	0.50	12:34	0.00	46		30	4:09
Schwimmen Total	0.50	12:34												
Rad	20.00	48:36	24.69	40	15:17	193	15:25	20.50	1:01:10	19.62	46	7:44	30	18:03
Rad Total	20.00	48:36												
Lauf	5.00	20:57	14.32	14	10:48	72	10:48	25.50	1:22:07	18.27	37	21:56	166	23:54
Lauf Total	25.00	1:22:07												