



# 8. Lorsch Triathlon

Lorsch / 28.08.2011

## Detailed evaluation

Kirch, Ralf

Total time: 1:00:58

Club: Darmstadt

Number: 126

Course: 25.50 km

Rank in course/Total: 8 (of 294)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 7 (of 220)

Best time in course: 58:13

Category:

Rank in category: 3(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	7:42	0.00	2	0:08	5	0:31	0.50	7:42	0.00	46			220
Schwimmen Total	0.50	7:42												
Rad	20.00	34:41	34.60	3	1:22	7	1:30	20.50	42:23	28.31	46			219
Rad Total	20.00	34:41												
Lauf	5.00	18:35	16.14	5	8:26	26	8:26	25.50	1:00:58	24.60	3	0:47	7	2:45
Lauf Total	25.00	1:00:58												