



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Koch, Holger

Total time: 1:13:12

Club: Pfungstädter Brauerei

Number: 33

Course: 25.50 km

Rank in course/Total: 96 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 89 (of 240)

Best time in course: 57:33

Category:

Rank in category: 25(of 46)

männl. AK 4 (TM 35-39)

Best time in the category: 57:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	km/h	Cat.	Cat.	Men	Men	km	Time	km/h	Cat.	Cat.	Men	Men
Schwimmen	0.50	8:59	3.34	4	1:24	15	1:24	0.50	8:59	3.34	30		4	0:14
Rad	20.00	41:32	28.89	14	5:43	45	5:43	20.50	50:31	24.35	26	2:26	6	2:54
Lauf	5.00	22:41	13.23	4	2:05	30	3:18	25.50	1:13:12	20.90	25	15:31	89	15:39