



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Pößiger, Roland

Total time: 1:15:05

Club: KSV Reichelsheim

Number: 210

Course: 25.50 km

Rank in course/Total: 117 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 107 (of 240)

Best time in course: 57:33

Category:

Rank in category: 1(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:15:05

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	12:22	2.43	6	3:19	115	4:47	0.50	12:22	2.43	10	0:20	155	3:37
Rad	20.00	39:13	30.60	1	-	23	3:24	20.50	51:35	23.84	9	-	135	3:58
Lauf	5.00	23:30	12.77	1	-	44	4:07	25.50	1:15:05	20.38	1	-	107	17:32