



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Ruff, Jürgen

Total time: 1:18:30

Club: SAP AG

Number: 3

Course: 25.50 km

Rank in course/Total: 154 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 136 (of 240)

Best time in course: 57:33

Category:

Rank in category: 19(of 38)

Senioren 1 (TM 40-44)

Best time in the category: 57:33

Intermediate times

Stage score

Total ranking

Control	Split		Split km/h	Pos Cat.	Behind Cat.	Pos		Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Men	Men								
Schwimmen	0.50	11:05	2.71	9	2:27	68	3:30	0.50	11:05	2.71	27			11	2:20
Rad	20.00	44:38	26.89	16	7:10	84	8:49	20.50	55:43	22.08	28	3:28	13	8:06	
Lauf	5.00	22:47	13.17	7	3:24	33	3:24	25.50	1:18:30	19.49	19	20:57	136	20:57	