



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Koch, Frank

Total time: 1:20:16

Club: Riedstadt

Number: 323

Course: 25.50 km

Rank in course/Total: 185 (of 322)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 155 (of 240)

Best time in course: 57:33

Category:

Rank in category: 24(of 38)

Senioren 1 (TM 40-44)

Best time in the category: 57:33

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	11:32	2.60	15	2:54	89	3:57	0.50	11:32	2.60	27	-	155	2:47
Rad	20.00	fehlt!	-	-	-	-	-	20.50	-	-	-	-	-	-
Lauf	5.00	1:08:44	4.36	36	49:21	192	49:21	25.50	1:20:16	19.06	24	22:43	155	22:43