



6. Lorsche Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Paulus, Gerhard

Total time: 1:23:43

Club: TSV 03 Wolfskehlen

Number: 359

Course: 25.50 km

Rank in course/Total: 221 (of 322)

Lorsche Triathlon 0,5-20-5

Rank in course/Men: 179 (of 240)

Best time in course: 57:33

Category:

Rank in category: 4(of 10)

Senioren 5 (TM 60-64)

Best time in the category: 1:15:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	km/h	Pos	Behind	Pos					Behind
Schwimmen	0.50	15:11	1.98	9	6:08	146	7:36	0.50	15:11	1.98	10	3:09	155	6:26				
Rad	20.00	44:48	26.79	4	5:35	85	8:59	20.50	59:59	20.51	9	1:57	135	12:22				
Lauf	5.00	23:44	12.64	2	0:14	50	4:21	25.50	1:23:43	18.28	4	8:38	179	26:10				