



6. Lorsch Triathlon

Lorsch / 02.08.2009

Detailed evaluation

Baust, Sonja

Club: TV Dielheim

Number: 364

Course: 25.50 km

Lorsch Triathlon 0,5-20-5

Category:

Seniorinnen 2 TW 45-49)

Total time: 1:27:25

Rank in course/Total: 259 (of 322)

Rank in course/Women: 56 (of 82)

Best time in course: 1:04:29

Rank in category: 6(of 11)

Best time in the category: 1:18:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen	0.50	14:00	2.14	9	2:48	49	6:15	0.50	14:00	2.14	10	2:48	53	2:32
Rad	20.00	44:57	26.70	4	1:27	18	7:08	20.50	58:57	20.87	10	0:40	51	
Lauf	5.00	28:28	10.54	5	5:56	31	5:56	25.50	1:27:25	17.50	6	8:53	56	22:56