



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Kissel, Ralf**

**Total time: 1:15:06**

Club: Zwingenberg

Number: 139

Course: 25.50 km

Rank in course/Total: 113 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 102 (of 241)

Best time in course: 57:44

Category:

Rank in category: 17(of 43)

Senioren 1 (TM 40-44)

Best time in the category: 1:00:43

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total		Total km/h	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Schwimmen	0.50	9:00	0.00	4	0:51	16	1:36	0.50	9:00	0.00	38		181	0:39
Rad	20.00	41:21	29.02	21	7:40	86	11:59	20.50	50:21	23.83	38		212	8:21
Lauf	5.00	24:45	12.12	24	6:03	114	18:01	25.50	1:15:06	19.97	17	14:23	103	17:22