



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Kempf, Rita

Total time: 1:36:49

Club: TSG Wiesloch

Number: 63

Course: 25.50 km

Rank in course/Total: 299 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Women: 71 (of 76)

Best time in course: 1:02:40

Category:

Rank in category: 7(of 7)

Seniorinnen 3 (TW 50-54)

Best time in the category: 1:12:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos		Behind		Total km	Total Time	Total km/h	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Schwimmen	0.50	13:41	0.00	7	4:49	61	6:01	0.50	13:41	0.00	8	2:25	4	0:56
Rad	20.00	53:23	22.48	6	15:54	59	19:23	20.50	1:07:04	17.89	8	11:54	7	6:15
Lauf	5.00	29:45	10.08	6	5:08	52	10:52	25.50	1:36:49	15.49	7	24:44	71	34:09