



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

**Glanzner, Stephan**

**Total time: 1:17:34**

Club: Allumbar

Number: 105

Course: 25.50 km

Rank in course/Total: 145 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 125 (of 241)

Best time in course: 57:44

Category:

Rank in category: 23(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.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen	0.50	10:17	0.00	13	2:08	50	2:53	0.50	10:17	0.00	38		181	1:56
Rad	20.00	39:39	30.26	12	5:58	60	10:17	20.50	49:56	24.03	38		212	7:56
Lauf	5.00	27:38	10.86	32	8:56	161	20:54	25.50	1:17:34	19.34	23	16:51	126	19:50