



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Ladner, Dr. Wolfgang

Total time: 1:18:02

Club: TSG Maxdorf

Number: 97

Course: 25.50 km

Rank in course/Total: 151 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 130 (of 241)

Best time in course: 57:44

Category:

Rank in category: 11(of 19)

Senioren 4 (TM 55-59)

Best time in the category: 1:02:05

### 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	11:42	0.00	8	1:36	103	4:18	0.50	11:42	0.00	14	0:48	181	3:21
Rad	20.00	41:16	29.08	7	4:21	84	11:54	20.50	52:58	22.66	18	3:03	212	10:58
Lauf	5.00	25:04	11.97	10	4:22	124	18:20	25.50	1:18:02	19.22	11	15:57	131	20:18