



# 7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

## Detailed evaluation

Lammer, Oliver

Total time: 1:20:33

Club: TTV Topspin Lorsch

Number: 137

Course: 25.50 km

Rank in course/Total: 185 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 155 (of 241)

Best time in course: 57:44

Category:

Rank in category: 20(of 29)

männl. AK 4 (TM 35-39)

Best time in the category: 1:03:37

### 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	12:27	0.00	18	4:02	130	5:03	0.50	12:27	0.00	24	1:36	181	4:06
Rad	20.00	41:31	28.90	13	7:55	88	12:09	20.50	53:58	22.24	26	1:57	212	11:58
Lauf	5.00	26:35	11.29	20	15:19	147	19:51	25.50	1:20:33	18.62	20	16:56	156	22:49