



7. Lorsch Triathlon 2010

Lorsch / 01.08.2010

Detailed evaluation

Ruhs, Mirko

Total time: 1:04:28

Club: Heppenheim

Number: 170

Course: 25.50 km

Rank in course/Total: 18 (of 317)

Lorsch Triathlon 0,5-20-5

Rank in course/Men: 16 (of 241)

Best time in course: 57:44

Category:

Rank in category: 2(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.	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	9:32	0.00	4	1:07	28	2:08	0.50	9:32	0.00	18		181	1:11
Rad	20.00	35:40	33.64	3	2:04	18	6:18	20.50	45:12	26.55	20		212	3:12
Lauf	5.00	19:16	15.57	2	8:00	10	12:32	25.50	1:04:28	23.27	2	0:51	17	6:44